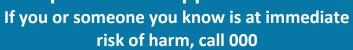
## **Helplines and Support Services**





## 24/7 Services (alphabetical listing)

Service	How they can help	Access
Alcohol and Drug	A confidential, non-judgemental telephone counselling,	08 9442 5000 (Metro)
<u>Support Line</u>	information and referral service for anyone seeking help for	1800 198 024 (Country)
	their own or another person's alcohol or drug use.	
<u>BeyondBlue</u>	Online and telephone support for anyone feeling anxious or	1300 224 636
	depressed.	
<u>Healthdirect</u>	To speak to a registered nurse for 24-hour health advice.	1800 022 222
KidsHelpline	Free (including from a mobile) confidential online and phone	1800 55 1800
	counselling service for young people aged 5 to 25.	
<u>Lifeline</u>	Provides compassionate support for people in crisis.	13 11 14
MensLine Australia	Men and boys – support dealing with family and relationship	1300 789 978
	concerns.	Online chat
Mental Health	Provides assessment, specialist intervention and support for	1300 555 788 (Metro)
Emergency	people experiencing a mental health emergency and if required,	or 1800 676 822 (Peel)
Response Line	referral to a local mental health service or ED.	or 1800 552 002
(MHERL)		(Country/Rurallink)
Open Arms	Mental health and wellbeing support for current and ex-serving	1800 011 046
Veterans & families	Australian Defence Force personnel and their families.	
counselling		
Parent and family	A confidential, non-judgemental telephone counselling,	9442 5050 (Metro) 1800
drug support line	information and referral service for anyone concerned about a	653 203 (Country)
	loved one's alcohol or drug use. Callers have the option to	
	speak to an experienced parent volunteer.	
Sexual Assault	Contact in an emergency after a sexual assault	1800 199 88 (24/7)
Resource Centre	Crisis Counselling	6458 1828
		8.30am - 11pm (7 days)
	To request a counselling appointment	6458 1828
		8.30am and 4.30pm
Suicide Call Back	For teens 15+ and adults feeling suicidal, lost someone by	1300 659 467
<u>Service</u>	suicide, or caring for someone who is feeling suicidal.	Or access their online or
	Provides support on contact, up to 6 further sessions with the	video chat on their
	same counsellor can be scheduled at a time that suits you. The	website.
	counsellor will help you with goal planning, ensuring your own	
	safety, and help to link you to other services in the community.	
Translating and	Language Translation Support -	13 14 50
Interpreting Service	Can connect you to health and medical services in over 26	
(TSI)	languages	

## Other Services (not 24/7) (alphabetical listing)

Service	How they can help	Access
<b>Butterfly National</b>	For anyone concerned by eating disorders or body image issues,	1800 334 673
<u>Helpline</u>	whether you need support for yourself or someone you care	8am to midnight AEST
	about. All counsellors are qualified mental health professionals	
	with specialist training in eating disorders and body image.	
Crisis Care Helpline	Provides support if you are concerned about the wellbeing of a	08 9223 1111 or
	child, you are escaping domestic violence and need help or	1800 199 008 (Country
	experiencing homelessness.	Toll Free)
		Available after hours
<u>Dads in Distress</u>	Generalist counselling supporting men and their families.	1300 853 437
		Monday - Saturday
		8:30am - 5pm
<u>Derbarl Yerrigan</u>	Health and medical support for Aboriginal people, including	08 9421 3888
Health Service Inc	counselling.	Mon-Fri: 8:30am -7pm,
		Sat: 8:30am - 12pm
<u>Eheadspace</u>	Online and telephone support and counselling to young people	1800 650 890
	12 - 25 years and their families and friends.	9am - 1am AEST
Family Relationship	Help for families affected by relationship or separation issues,	1800 050 321
Advice Line	including information on parenting arrangements after	Mon - Fri 8am to 8pm +
	separation. It can also refer callers to local services that provide	Saturday 10am to 4pm
	assistance.	local time
		Closed national public
		holidays
<u>GriefLine</u>	Provide free counselling support to anyone experiencing grief,	1300 845 745
	loss and the many related feelings that occur as a result.	6am - midnight
		AEST
<u>Lifeline Text</u>	Short-term support for people who are feeling overwhelmed or	0477 13 11 14
	having difficulty coping.	12pm - midnight AEST
	Real-time using 'SMS' technology	1000 700 000
PANDA National	Supports women, men and families across Australia affected by	1300 726 306
<u>Helpline</u>	anxiety and depression during pregnancy and in the first year of	Monday - Friday 9am to
DesirDethicians	parenthood.	7.30pm AEST
<u>PeerPathways</u>	For people with mental health challenges to find the supports	08 9477 2809
	needed to promote mental and physical wellbeing. WA Specific.	Monday - Friday 9am to
OLife	LGBTQI+ - Anonymous telephone and webchat LGBTI peer	5pm 3pm - midnight
<u>QLife</u>	support for people to discuss sexuality, identity, gender, bodies,	1800 184 527
	feelings or relationships.	1000 104 327
SANE Australia	Free counselling service supports people affected by complex	10am - 10pm in your
SAINE AUSTRALIA	mental health issues as well as friends, family members and	time zone
	health professionals.	1800 187 263
SP Peer Care	A suicide prevention 'warmline' call-back service, providing a	1800 77 7337. Leave a
Connect	safe place for people with a lived experience of suicide to	message and they will
Connect	connect with others with a similar lived experience of suicide.	call you back within 48
	asimose with others with a similar lived experience of saidle.	hours.
Wellways Helpline	All Helpline volunteers are 'peers', people who have a lived	Monday - Friday 9am to
Trentrays Helphine	experience of mental health issues. Includes support to	9pm AEST, excluding
	understand the mental health system, links to support groups,	public holidays
	programs and services.	,
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