

beyondblue Support Service - Support. Advice. Action

Information and referral to relevant services for depression and anxiety related matters. **Phone: 1300 22 46 36**

<http://www.beyondblue.org.au/get-support/get-immediate-support>

Black Dog Institute

The Black Dog Institute is a world leader in the diagnosis, treatment and prevention of mood disorders such as depression and bipolar disorder.

<http://www.blackdoginstitute.org.au/public/gettinghelp/overview.cfm>

Blue Knot Foundation Helpline (formerly Adults Surviving Child Abuse)

The Blue Knot Helpline provides information and short term counselling nationally via telephone for adults survivors of childhood trauma on 1300 657 380 and email helpline@blueknot.org.au 7 days a week 9am to 5pm AEST.

<http://www.blueknot.org.au>

Carer Gateway

Are you one of the 2.5 million Australians who care for a loved one, friend or neighbour? Find out information about the support services available to you, on the Carer Gateway.

www.carergateway.gov.au

Gambling Helpline

Starting to think gambling might be a problem? Find out about the signs of a problem and assess gambling issues and spending. **Phone: 1800 858 858**

<http://www.gamblinghelponline.org.au/>

Headspace

Headspace is the National Youth Mental Health Foundation. We help young people who are going through a tough time.

<http://www.headspace.org.au/>

Kids Help Line

Confidential and anonymous, telephone and online counselling service specifically

for young people aged between 5 and 25. **Phone: 1800 55 1800**

<https://kidshelpline.com.au/>

Lifeline

24 hour telephone counselling service. **Phone: 13 11 14**

<http://www.lifeline.org.au/>

Mensline Australia

A dedicated service for men with relationship and family concerns. **Phone: 1300 78 99 78**

<http://www.mensline.org.au/>

MI Networks

Offering access to relevant, up-to-date information, peer support and connections to local community networks, Mi Networks members provide a personalised response to the needs of individuals living with mental illness, their carers, friends and family members. **Phone: 1800 985 944**

<http://www.minetworks.org.au/>

1800RESPECT

National sexual assault, domestic family violence counselling services 24-hour online support for workers and professionals. **Phone: 1800 737 732**

<https://www.1800respect.org.au/>

PANDA - National Perinatal Depression Helpline

PANDA's National Perinatal Depression Helpline, funded by the Australian and Victorian Governments, provides vital support, information, referral and counselling to thousands of Australian parents and their families. Callers do not need to have a diagnosis of antenatal or postnatal depression to make contact with the Helpline, PANDA is keen to support any new parent struggling during pregnancy or after the birth of their baby, as well as their partner, family and friends. **Phone: 1300 726 306 from Mon – Fri, 9am – 7.30pm (AEST/AEDT).**

<http://www.panda.org.au/>

Parentline

Parent Line is a telephone service for parents and carers of children 0-18 in New

South Wales. **Phone: 1300 1300 52**

<http://www.parentline.org.au/>

ReachOut.com

ReachOut.com is Australia's leading online youth mental health service.

ReachOut.com is an initiative of the Inspire Foundation, an Australian non-profit with a mission to help young people lead happier lives.

<http://au.reachout.com/>

Relationships Australia

Relationships Australia is a leading provider of relationship support services for individuals, families and communities. **Phone: 1300 364 277**

<http://www.relationships.org.au/>

SANE Australia

SANE Australia is a national charity helping all Australians affected by mental illness lead a better life – through campaigning, education and research. SANE conducts innovative programs and campaigns to improve the lives of people living with mental illness, their family and friends. It also operates a busy Helpline and website, which have thousands of contacts each year from around Australia. **Phone: 1800 187 263**

<http://www.sane.org/index.php>

The Butterfly Foundation

Butterfly provides support for Australians who suffer from eating disorders and negative body image issues and their carers. **Phone: 1800 33 4673**

<http://thebutterflyfoundation.org.au/>

Veterans and Veterans Families Counselling Service (VVCS)

Providers counselling and group programs to Australian veterans and peacekeepers and their families. **Phone: 1800 011 046**

<https://www.dva.gov.au/health-and-wellbeing/mental-health>