

HELP DIRECTORY

Blue Tree Project - 2024



WELCOME



Welcome to Our Help Directory

In our commitment to fostering mental well-being, we present this comprehensive 'Help Directory' designed to guide and support individuals navigating various challenges.

Whether you or someone you care about is seeking assistance, this directory encompasses a wide range of services, ensuring that no one faces these struggles alone.

If you require emergency assistance or are in immediate danger, call 000 for Police and/or Ambulance assistance.

ABOUT US



Blue Tree Project is a mental health charity that flourished from a grass-roots movement in regional Western Australia. Our mission is to help spark difficult conversations and break down the stigma of mental health, by giving dead trees “a blue lease on life”. To date, over 1,000+ trees have been painted blue across Australia and other parts of the world, becoming conversation starters and symbols of hope for many. The visual reminders (blue trees) help individuals check in with their loved ones and mates going through a hard time, as well as using it as a way to reflect on self-health.

Blue Tree Project was founded after the tragic loss of a young man, Jayden Whyte, who took his own life in 2018. Jayden painted a tree blue on his family farm, in Mukinbudin (Western Australia), after sneaking out one night with a friend. The blue tree that was once painted as a practical joke has been the catalyst of change for hundreds of thousands of people and their communities.

Since our inception Blue Tree Project has become a powerful platform to; help promote and facilitate better understanding of mental health, provide educational courses and community events, many within regional and rural areas. Helping reduce people’s experiences of stigma and discrimination whilst encouraging them to speak up when battling mental health concerns.



Original Blue Tree



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WHAT'S INCLUDED



This Help Directory includes support services, contact details and information for those seeking support and assistance with:

- Suicide Prevention & Crisis Support
- Mental Health Support in Rural/Regional Areas
- Indigenous Support for Aboriginal & Torres Strait Islander People
- Mental Health Concerns/Mental Health Triage
- Sexual Assault/Domestic Violence
- Trauma & Specific Mental Health Challenges
- Veterans & Their Families
- Violence & Abuse
- Substance Abuse (Drugs & Alcohol)
- Child & Adolescent Mental Health
- Child Safety & Wellbeing
- Kids Helpline
- Eating Disorders & Body Image Issues
- Survivors of Torture & Trauma
- Homelessness/Housing Support
- Immigrant Support Services
- Pregnancy/Parenting Assistance & more.

GENERAL SUPPORT



LIFELINE

Crisis support & suicide prevention services.

Phone: 13 11 14

Text: 0477 13 11 14

Website: [Click Here](#)

Crisis Chat: [Click Here](#)

Available 24 hrs / 7 days

1800 RESPECT

Help & support for people experiencing sexual assault, violence & abuse.

Phone: 1800 737 732

Text: 0458 737 732

Website: [Click Here](#)

Web Chat: [Click Here](#)

Available 24 hrs / 7 days

SUICIDE CALLBACK SERVICE

For those at risk of suicide, those concerned for someone & the bereaved.

Phone: 1300 659 467

Website: [Click Here](#)

Online Counselling: [Click Here](#)

Video Chat: [Click Here](#)

Available 24 hrs / 7 days

HEADSPACE

Headspace has a range of ways to support you online or by phone. You can get support for your mental health by simply creating a headspace account.

Website: [Click Here](#)

Create an Account: [Click Here](#)

BEYOND BLUE

Anxiety, depression & suicide prevention.

Phone: 1300 224 636

Website: [Click Here](#)

Web Chat: [Click Here](#)

Beyond Blue Forum: [Click Here](#)

Available 24 hrs / 7 days

SANE | Forums | MHM (Mental Health Management)

For people with recurring, persistent or complex mental health issues and trauma, and for their families & friends.

Phone: 1800 187 263

Website: [Click Here](#) Forum: [Click Here](#)

Guided Service Hub: [Click Here](#)

THE BUTTERFLY FOUNDATION

Support for eating disorders & body image issues.

Phone: 1800 334 673

Available 24 hrs / 7 days

Website: [Click Here](#)

Web Chat: [Click Here](#)

Available 8am - Midnight AEST

OPEN ARMS | Accommodation

Mental health assessment & counselling for Australian veterans & their families. Also offer crisis accommodation for up to 3 nights.

Phone: 1800 011 046

Website: [Click Here](#)

Available 24 hrs / 7 days

GENERAL SUPPORT



STANDBY

Suicide postvention support dedicated to assisting people & communities bereaved or impacted by suicide.

Phone: 1300 727 247

Website: [Click Here](#)

Available 7 days a week

ELDER ABUSE PHONE LINE

A free call phone number that automatically redirects callers seeking information and advice on elder abuse with the phone service in their state or territory.

Phone: 1800 353 374

Website: [Click Here](#)

NATIONAL ALCOHOL AND OTHER DRUG HOTLINE

This hotline provides confidential support for people struggling with addiction.

Phone: 1800 250 015

Website: [Click Here](#)

24 hours a day / 7 days a week.

BLUE KNOT FOUNDATION (Nationwide)

Information and support for anyone who is affected by complex trauma. Complex trauma is repeated, ongoing, and often extreme interpersonal trauma (between people) – violence, abuse, neglect or exploitation experienced as a child, young person and adult.

Phone: 1300 657 380

Website: [Click Here](#)

Email: helpline@blueknot.org.au

This service operates from 9am-5pm AEST/AEDT 7 days a week including public holidays.

REACH OUT (FOR YOUNG PEOPLE)

For when life doesn't go as planned. A safe place to chat anonymously, get support, and feel better.

Website: [Click Here](#)

Peer Chat/Text: [Click Here](#)

For anyone in Australia aged 18-25.

GRIEF AUSTRALIA

Providing everyone with the help they need, while fostering greater recognition and a deeper understanding of the grief experience, for all Australians.

Phone: 1800 642 066 (freecall)

Website: [Click Here](#)

COPMI

(Children of Parents with a Mental Illness)

Information for children, young people, parents, and their family and friends about parents and parenting with a mental illness to support the wellbeing of children and young people.

Website: [Click Here](#)

GENERAL SUPPORT



HEAD TO HEALTH

A free confidential service. It connects you with the help and support you need to keep mentally healthy.

Phone: 1800 595 212

Website: [Click Here](#)

INTELLECTUAL DISABILITY MENTAL HEALTH CONNECT

Intellectual Disability Mental Health Connect aims to help people with intellectual disability get the right services and support for their mental health. It has information for people with intellectual disability, their supporters, and professionals.

Website: [Click Here](#)

MINDSPOT

Free, online, personalised mental health care. MindSpot is a clinical mental health service. They deliver psychological services via telephone and online to adults across Australia.

Phone: 1800 614 434

Website: [Click Here](#)

8am - 8pm (AEST) Monday to Friday

8am - 6pm (AEST) Saturdays

(Closed on NSW Public Holidays)

GRIEFLINE

Are there to listen and support anyone who is grieving. Discover free telephone support and resources to get help today.

Phone: 1300 845 745

Website: [Click Here](#)

National toll-free helpline. Available 8am to 8pm / 7 days (AEDT)

NO TO VIOLENCE

Provides telephone counselling, information and referrals for men who have anger, relationship, or parenting issues. The service also helps women and other family members who are experiencing violence or controlling behaviour by men.

Phone: 1300 766 491

Website: [Click Here](#)

Available 24hrs / 7 days

DEFENCE FORCE ALL-HOURS SUPPORT LINE

The all-hours Support Line (ASL) is a confidential telephone service for ADF members and their families. The ASL is designed as a triage line, which means that it is there to help you access ADF or civilian mental health services more easily. Services that you can access include psychology, medical, social work, and chaplain services.

Phone: 1800 628 036

Website: [Click Here](#)

Available 24hrs / 7 days

ALCOHOLICS ANONYMOUS AUSTRALIA

Alcoholics Anonymous is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

Phone: 1300 222 222 (This number will connect you with your local AA office or phone service).

Website: [Click Here](#)

24hr helpline.

GENERAL SUPPORT



BUSH SUPPORT LINE (Remote health workers)

Bush Support Line is a telephone counselling support line for the rural and remote health workforce and their families. You can call at any time to speak with a psychologist experienced in the rural and remote sector. When you call, you will receive a non-judgemental, respectful, ethical and culturally safe service.

Phone: 1800 805 391

Website: [Click Here](#)

Available 24hrs / 7days

LIVED EXPERIENCE TELEPHONE SUPPORT SERVICE (LETSS)

Supports people with mental health conditions, as well as their carers, family and friends. They provide support and understanding that comes from those who have walked a similar path.

Phone: 1800 013 755

Website: [Click Here](#)

Available 365 days a year (including weekends & public holidays), from 5pm - 11:30pm

ALCOHOL & DRUG COUNSELLING ONLINE

Alcohol & drug support/counselling for people in all stages of recovery.

Website: [Click Here](#)

Online Forum: [Click Here](#)



WESTERN AUSTRALIA



CRISIS CARE | Child Safety & Wellbeing

After-hours response for concerns for a child's safety and wellbeing and information and referrals for people experiencing crisis in WA.

Phone: 1800 199 008

Website: [Click Here](#)

SAMARITANS WA

Crisis support in Western Australia.

Phone: (08) 6383 9850

Website: [Click Here](#)

Available 8am - 8pm / 7 days (AWST)

MENTAL HEALTH EMERGENCY RESPONSE LINE (MHERL)

A 24-hour telephone service for people in the Perth metropolitan area experiencing a mental health crisis.

Phone: 1300 555 788 (Perth) 1800 676 822

(Peel region)

Website: [Click Here](#)

RURAL LINK (Rural/Regional WA)

An after-hours telephone service for people in rural & regional Western Australia experiencing a mental health crisis.

Phone: 1800 552 002

Website: [Click Here](#)

Available 4.30pm – 8:30am Monday to Friday & 24 hrs Saturday, Sunday & Public Holidays.

REGIONAL MEN'S HEALTH

Support for men in rural & regional WA.

Phone: 9690 2277

Website: [Click Here](#)

Email: menshealth@4blokes.com.au

Available Monday to Friday

RICHMOND WELLBEING (WA operated)

Richmond Wellbeing is here to share and support your recovery journey.

Phone: 1800 742 466

Website: [Click Here](#)

Supported Accommodation: [Click Here](#)

Monday to Friday - 8am to 5pm

Closed weekends and public holidays.

SARC - SEXUAL ASSAULT RESOURCE CENTRE

A free service located in Perth providing crisis services to people who have experienced a recent sexual assault & counselling for sexual assault or sexual abuse experienced recently or in the past.

Phone: (08) 6458 1828 or 1800 199 888 (Free call from landlines)

Website: [Click Here](#)

Crisis-line for recent sexual assaults: 24 hrs / 7 days Crisis counselling: 8.30am - 11pm, 7 days.

Request a counselling appointment or advice: 8.30am - 4.30pm Monday to Friday.

WESTERN AUSTRALIA



HEARING VOICES NETWORK WA

A resource for people living in Western Australia who hear voices & experience other unusual perceptions.

Phone: 1800 742 466

Website: [Click Here](#)

Monday to Friday, 8am to 5pm. Closed weekends and public holidays.

MH CONNEXT

A free community mental health service provided by Richmond Wellbeing, for people aged 18+, who have a mental health treatment plan and live in the Perth metro area. This recovery-oriented program connects patients experiencing severe and complex mental health issues to the right mental health care and support at the right time, for up to 24 weeks.

Phone: 1800 742 466

Website: [Click Here](#)

Monday to Friday, 8am to 5pm. Closed weekends and public holidays.

CAMHS - Child & Adolescent Mental Health Service (Western Australia)

Urgent mental health support, advice & assessment for children & young people.

Phone: 1800 048 636

Website: [Click Here](#)

Available 24 hrs / 7 days

INDIVIDUALISED COMMUNITY LIVING STRATEGY (ICLS)

Will support you to set up your ICLS home (if applicable) and develop an individual funding plan outlining clear and achievable goals to meet you wherever you are on your path to recovery.

Phone: 1800 742 466

Website: [Click Here](#)

Monday to Friday, 8am to 5pm. Closed weekends and public holidays.

ALCOHOL AND DRUG SUPPORT LINE

The Alcohol and Drug Support Line is a confidential, non-judgemental telephone counselling, information and referral service for anyone seeking help for their own or another person's alcohol or drug use.

Phone: (08) 9442 5000 or (1800 198 024 for country callers).

Website: [Click Here](#)

Live Chat: [Click Here](#)

Available 24hrs / 7 days

MAGNOLIA WOMEN'S CENTRE (NORTHAM)

For women escaping Family or Domestic Violence and their children. The refuge can accommodate 2 single women and large families, featuring four family rooms and a total of ten beds, in separate fully equipped unit style accommodation.

Phone: 1800 353 122

For more information: [Click Here](#)

Available 24hrs / 7 days

RURAL & REGIONAL WA



Rural / Regional Support

REGIONAL MEN'S HEALTH

Support for men in regional WA.

Phone: 9690 2277

Available Monday to Friday

VIRTUAL PSYCHOLOGIST

Help for farmers.

Phone/Text: 0404 032 249

Available 24 hrs / 7 days

RURAL LINK

An after-hours telephone service for people in rural and regional Western Australia experiencing a mental health crisis.

Phone: 1800 552 002

Website: [Click Here](#)

Available 4.30pm – 8:30am Monday to Friday and 24 hours Saturday, Sunday and public holidays.

MENTAL ILLNESS FELLOWSHIP OF WA (MIFWA)

Supporting Western Australians affected by mental health challenges, and their families and carers.

Phone: 9237 8900

Website: [Click Here](#)

Info/Request a call back: [Click Here](#)

Monday – Friday 8.30am to 4.30pm

HOLYOAKE

Specialist alcohol and other drug, and Mental Health Support Service.

Website: [Click Here](#)

Contact details for the following regions:

Victoria Park, Midland, Northam, Narrogin &

Merredin: [Click Here](#)



QUEENSLAND



MH CALL (Mental Health Access Line)

Is a confidential mental health telephone triage service that provides the first point of contact to public mental health services to Queenslanders.

Phone: 1300 642 255

Website: [Click Here](#)

Available 24 hrs / 7 days

DV CONNECT (Womensline)

Is a free helpline for women and their children in Queensland who are experiencing domestic and family violence.

Phone: 1800 811 811

Website: [Click Here](#)

24 hours / 7 days

CHILD & YOUTH MENTAL HEALTH

Offer free and confidential mental health services for children and young people up to the age of 18, with severe or complex mental health needs, and support for their families and caregivers.

Crisis Line: (07) 3068 2555

Website: [Click Here](#)

The crisis line is available 24 hours a day.

DV CONNECT (Mensline)

Mensline is a free and confidential helpline that assists men to change their abusive behaviours or to access safety from abuse.

Phone: 1800 600 636

Website: [Click Here](#)

Available 9am – midnight / 7 days.

QuiHN

Provides health, including mental health, services for people who use drugs and alcohol throughout Queensland.

Phone: 1800 172 076

Website: [Click Here](#)

DV CONNECT (Sexual Assault Helpline)

For any person who lives in Queensland who has been impacted or knows someone who has been affected by sexual assault.

Phone: 1800 010 120

Website: [Click Here](#)

Available 7:30am – 11:30pm / 7 days

DV CONNECT (24-hour Domestic Violence Helpline)

Helps Queenslanders find pathways to safety, away from domestic, family and sexual violence.

Phone: 1800 811 811 (free call)

Website: [Click Here](#)

Web Chat: [Click Here](#)

24 hours / 7 days

CHILD SAFETY SERVICES

If you have reason to suspect a child in Queensland is experiencing harm, or is at risk of experiencing harm, you can contact the Child Safety Services' Regional Intake Service.

Website: [Click Here](#)

Visit the website for the relevant phone number for your region.

QUEENSLAND



PARENTLINE

Parentline offers confidential phone and WebChat counselling and support for parents and carers of children in Queensland and the Northern Territory.

Phone: 1300 301 300

Website: [Click Here](#)

Web Chat: [Click Here](#)

Phones are open every day from 8am – 10pm, WebChat is available every day from 8am – 9pm.

ABORIGINAL AND TORRES STRAIT ISLANDER FAMILY WELLBEING SERVICES

A free and confidential one stop shop for Aboriginal and Torres Strait Islander families to access support to improve their social, emotional, physical and spiritual wellbeing, and help them be able to safely care for and protect their children.

Phone: 1300 117 095

Website: [Click Here](#)

Online Referral Form: [Click Here](#)

FAMILY AND CHILD CONNECT

If your family is going through tough times, contact Family and Child Connect for free, unlimited and confidential advice.

Phone: 13 32 64

Website: [Click Here](#)

Online Referral Form: [Click Here](#)



NEW SOUTH WALES



MENTAL HEALTH LINE

The Mental Health Line is NSW Health's statewide phone service which links people with NSW Health mental health services. It is a free service.

Phone: 1800 011 511

Website: [Click Here](#)

24hrs / 7 days

PIMHS (Perinatal Infant Mental Health Services)

A free, statewide mental health service that helps women and parents who have a severe, acute or complex mental illness, or are at risk of recurrence or are pregnant or have a child under the age of two.

Website: [Click Here](#)

ACON - HERE FOR HEALTH (LGBTQ+)

Acon help LGBTQ+ people and people with HIV take control of their mental health by providing a range of counselling services and a care coordination program for people with complex needs.

Website: [Click Here](#)

OPMH (Older People's Mental Health Services)

OPMH services provide both in-hospital (inpatient) and out-of-hospital (community) care to older people with mental health problems. Their services are generally provided to people aged 65 years and over. People under 65 years of age, including Aboriginal people 50 years and over, can also use this service if it is suitable for their needs.

Phone: Mental Health Line on 1800 011 511 for more information on getting help for an older person with mental health concerns.

Website: [Click Here](#)

HERE (Here for LGBTQ+ communities)

ACON's digital suicide prevention hub, connecting the LGBTQ+ community, their loved ones, and service providers to care, support, and resources.

Website: [Click Here](#)

RURAL ADVERSITY MENTAL HEALTH PROGRAM (RAMHP)

RAMHP exists for regional, rural and remote people and communities of NSW. RAMHP focuses on supporting people and communities who depend on primary production and agriculture, alongside other priority populations at greater risk of mentally ill health.

Website: [Click Here](#)

PARENT LINE NSW

A free telephone counselling and support service for parents and carers with children aged 0 to 18 who live in NSW.

Phone: 1300 130 052

Website: [Click Here](#)

Trained, professional counsellors are available from 9am to 9pm Monday to Friday and 4pm to 9pm on weekends.

THE WAY BACK SUPPORT SERVICE (Aftercare)

Aftercare is a free support service for people who have recently attempted suicide.

Website: [Click Here](#)

NEW SOUTH WALES



SAFE HAVEN'S

A Safe Haven is a place you can go if you're feeling distressed or having suicidal thoughts. It is a safe place where you can talk openly about how you are feeling and what you're going through. A place where you can feel supported and not judged.

You can talk to peer-support workers or be connected to a mental health professional. If you don't feel like chatting, you can spend time in a quiet space and listen to music. It's free and you don't need an appointment.

Website: [Click Here](#) for more information and statewide locations.

STARTTS (Service for the Treatment and Rehabilitation of Torture and Trauma Survivors)

An NSW Service for the treatment and rehabilitation of torture and trauma survivors. Provides treatment programs for refugees and asylum seekers who have experienced torture and/or trauma.

Also provides culturally relevant psychological treatment and support, and community interventions, to help people and communities heal the scars of torture and refugee trauma and rebuild their lives in Australia.

Website: [Click Here](#)

For statewide locations and contact details: [Click Here](#)

TRANSCULTURAL MENTAL HEALTH CENTRE (TMHC)

Works with people from culturally and linguistically diverse communities, health professionals and partner organisations across NSW to support good mental health.

Their services complement public Mental Health Services (hospital and community) and enhance pathways to care for culturally and linguistically diverse communities.

Phone: 1800 648 911

Website: [Click Here](#)

Mon to Fri between 9:00 am and 4:30 pm.

SIDMHOS (Statewide Intellectual Disability Mental Health Outreach Service for adults)

SIDMHOS is a statewide service that helps adults with intellectual or developmental disability to access appropriate mental health care.

Phone: (02) 9767 7889

Website: [Click Here](#)

Monday to Friday from 9am to 4pm

Remember, you're never alone...

NORTHERN TERRITORY



NORTHERN TERRITORY MENTAL HEALTH LINE

A 24-hour mental health hotline.

Phone: 1800 682 288

Website: [Click Here](#)

PARENTLINE

Parentline offers confidential phone and WebChat counselling and support for parents and carers of children in Queensland and the Northern Territory.

Phone: 1300 301 300

Website: [Click Here](#)

Web Chat: [Click Here](#)

Phones are open every day from 8am – 10pm, WebChat is available every day from 8am – 9pm.

TeamTALK

TeamTALK is a free support service, where any Territorian can quickly access an experienced, locally based mental health recovery professional for a judgement free, confidential chat. You can call them, chat online, or even have a video catch up.

Phone: 1800 832 600

Website: [Click Here](#)

7 days a week - Weekdays 9am till 8pm, and weekends 12 till 8pm.

DARWIN HEAD TO HEALTH

Darwin Head to Health is a free service offering caring, friendly and helpful mental health and wellbeing support in a calm, safe, and welcoming environment.

Phone: (08) 8914 6600

Website: [Click Here](#)

Visit at: 16 Scaturchio Street, Casuarina, NT.
Monday to Friday 10am - 10pm

Weekends and public holidays 12pm (midday) to 8pm.

AMITY COMMUNITY SERVICES

Free and confidential counselling sessions for people and concerned others experiencing alcohol, other drug, gambling and/or associated mental health concerns in the Darwin region. Their gambling counselling is available Territory wide through their 24hr gambling helpline.

Phone Amity (territory wide): 1800 684 372

Available Monday to Friday 8am - 4:30pm (closed public holidays).

Phone (gambling help territory wide):

1800 858 858

Available 24hrs

Website: [Click Here](#)

TeamHEALTH

TeamHEALTH have a variety of supports available for adults aged 16 to 65 who have a mental illness or are experiencing mental health concerns. TeamHEALTH also offer community access and capacity building support.

Support programs include:

- Psychosocial Support Programs
- Recovery Assistance Programs &
- The Way Back Support Service

Phone: 1300 780 081

Website: [Click Here](#)

MENTAL HEALTH ASSOCIATION OF CENTRAL AUSTRALIA (MHACA)

MHACA is a leading Northern Territory community-managed organisation offering psychosocial support services, NDIS services, suicide prevention programs and health promotion initiatives aimed at enhancing the mental health and wellbeing of people living in Central Australia.

Phone: (08) 8950 4600

Website: [Click Here](#)

Available Monday – Friday 8.30am – 4.00pm

VICTORIA



SUICIDELINE

SuicideLine Victoria is a 24/7 telehealth service that offers free professional phone and online counselling for people living in Victoria.

Phone: 1300 651 251

Online Chat: [Click Here](#)

Website: [Click Here](#)

SEXUAL ASSAULT CRISIS LINE

The Sexual Assault Crisis Line Victoria (SACL) is a state-wide, after-hours, confidential, telephone crisis counselling service for people who have experienced both past and recent sexual assault.

Phone: 1800 806 292*

Website: [Click Here](#)

Free call* Victoria, Australia

SAFE STEPS (Family Violence)

Victoria's 24/7 family violence response centre. You can contact their 24/7 phone line any time of the day or night and their family violence specialists will support you to find safety from domestic abuse.

Phone: 1800 015 188

Web Chat: [Click Here](#)

Website: [Click Here](#)

Helpline is available 24hrs / 7 days. Web chat is available 9am – midnight Monday to Friday.

RAINBOW DOOR (LGBTIQA+)

Rainbow Door is a free specialist LGBTIQA+ (Lesbian, Gay, Bisexual, Transgender and Gender Diverse, Intersex, Queer, Asexual, BrotherBoys, SisterGirls) helpline providing information, support, and referral to all LGBTIQA+ Victorians, their friends and family.

Phone: 1800 729 367

SMS: 0480 017 246

Email: [Click Here](#)

Website: [Click Here](#)

Open 10am - 5pm, everyday.

SWITCHBOARD (LGBTIQA+)

Switchboard Victoria is a community based not for profit organisation that provides a peer driven, support service for the lesbian, gay, bisexual, transgender and gender diverse, intersex, queer, asexual (LGBTIQA+) communities and their allies, friends, support workers and families.

Phone: 1800 184 527

Website: [Click Here](#)

Online Webchat: [Click Here](#)

Proud partner of QLife.

Phoneline and webchat available 3pm to 12 midnight, every day of the week.

TANDEM (Support & Referral Line)

The Tandem Support and Referral Line provides support, information and referral to the family members, friends and carers of people living with mental health challenges.

Phone: 1800 314 325

Website: [Click Here](#)

Available 9am-5pm Monday to Friday.

DIRECTLINE (Alcohol & Drug Counselling)

Confidential alcohol & drug counselling and referral in Victoria. Professional, qualified counsellors by phone or online.

Phone: 1800 888 236

Website: [Click Here](#)

24 Hours / 7 Days - Free and confidential.

EATING DISORDERS VICTORIA

Eating Disorders Victoria (EDV), is the trusted guide for Victorians affected by eating disorders, helping them to get the support they need to ensure the earliest possible recovery.

Phone: 1300 550 236

Website: [Click Here](#)

Available Monday to Friday from 9.30am to 4:30pm.

VICTORIA



ANXIETY RECOVERY CENTRE VICTORIA (ARCVic)

This telephone helpline provides support, information and referral to people with anxiety disorders and their families and carers, and mental health care providers.

Phone: 1300 269 438 or (03) 9830 0533

Website: [Click Here](#)

Hours of operation: Monday to Friday
10:00am - 7:00 pm (closed public holidays).

PARENTLINE

Parentline is a phone service for parents and carers of children from birth to 18 years old. They offer confidential and anonymous counselling and support on parenting issues.

Phone: 13 22 89

Website: [Click Here](#)

Available 8am to midnight, 7 days a week including public holidays.

FOUNDATION HOUSE (The Victorian Foundation for Survivors of Torture inc.)

Are a specialist refugee trauma agency supporting survivors of torture and other traumatic events.

Phone: (03) 9389 8900

Website: [Click Here](#)

For free access to an interpreter:
Phone 131 450 and ask them to call Foundation House.

SELF HELP ADDICTION RESOURCE CENTRE (SHARC - Family Drug & Gambling Help)

SHARC provide telephone and online support, education programs, counselling, peer support groups, residential recovery, consumer representation and workforce training.

Phone: 1300 660 068

Website: [Click Here](#)

Available 24hrs / 7 days

THE COMPASSIONATE FRIENDS VICTORIA

Information and peer support for families trying to rebuild their lives after the death of a child, sibling or grandchild.

Phone: 1300 064 068

Website: [Click Here](#)

24hrs / 7days

LGBTIQA+ HEALTH: ALCOHOL AND DRUGS (VICTORIA)

A counselling and support service for people who would like to talk about the concerns or impacts of their alcohol and drug use in a confidential, non-judgmental and queer-affirmative space. This free service is known as Q Health. They are committed to supporting the health and wellbeing of lesbian, gay, bi, transgender, gender diverse, intersex, queer and questioning (LGBTIQA+) communities. All QHealth counsellors are LGBTIQA+ identifying.

Phone: 1300 637 744

Website: [Click Here](#)

Available Monday to Friday 9am to 5pm.

*Help is
never
far away...*

SOUTH AUSTRALIA



MENTAL HEALTH TRIAGE SERVICE

The SA Health Mental Health Triage Service operates 24hrs / 7 days a week. This service is the main point of access into South Australian mental health services and can provide advice and information in a mental health emergency or crisis situation.

Phone: 13 14 65

Website: [Click Here](#)

Available 24hrs / 7 days

URGENT MENTAL HEALTH CARE CENTRE (UMHCC)

A welcoming place for people experiencing a mental health crisis and an alternative to hospital in a time of crisis. The UMHCC offers an alternative to presenting at hospital Emergency Departments for a mental health crisis.

Address: 215 Grenfell Street, Adelaide, SA, 5000.

Phone: (08) 8448 9100

Website: [Click Here](#)

A free service, open 24 hours a day, 7 days a week.

REGIONAL ACCESS

Regional Access offers free professional telephone and online counselling 24 hours a day, 7 days a week for people 15 years and older living or working in regional South Australia.

Phone: 1300 032 186

Online Chat: [Click Here](#)

Website: [Click Here](#)

Available 24hrs / 7 days

HOMELESS CONNECT SA

A 24/7 state-wide telephone service for anyone experiencing homelessness in South Australia. Available anytime as a free call to help you find information and a direct referral into homelessness services.

Phone: 1800 003 308

Website: [Click Here](#)

Available 24hrs / 7 days

ALCOHOL AND DRUG INFORMATION SERVICE (ADIS)

ADIS is a confidential telephone counselling, information and referral service for the general public, concerned family and friends, students and health professionals.

The service is run by Drug and Alcohol Services South Australia.

Phone: 1300 131 340

Website: [Click Here](#)

Available 8:30am - 10:00pm / 7 days

YARROW PLACE RAPE AND SEXUAL ASSAULT SERVICE

A 24-hour crisis response service for recent sexual assault, this includes support from a social worker, medical care by a doctor or nurse, and collection of forensic evidence for people who are considering legal action. It is a free and confidential service for people aged 16 years and over at the time of the sexual assault.

Address:

64 Pennington Terrace, North Adelaide, SA, 5006

Phone: 1800 817 421

Website: [Click Here](#)

WOMEN'S SAFETY SERVICES SA (Domestic Violence and Aboriginal Family Violence. Includes the Migrant Women's Support Program)

Women's Safety Services SA (WSSSA) supports women and their children who are experiencing domestic and family violence. They are an organisation committed to helping people find safety and support during and after experiencing abuse.

Phone: 1800 800 098

(24hr domestic violence crisis line).

Website: [Click Here](#)

SOUTH AUSTRALIA



THE STATEWIDE EATING DISORDER SERVICE (SEDS)

The Statewide Eating Disorder Service (SEDS) helps people with an eating disorder and their families to find the right care and support at the right time. SEDS is a specialised mental health service for all South Australians.

Phone: (08) 7117 8800

Website: [Click Here](#)

Available 9am to 4:30pm, Monday to Friday (excluding public holidays).



TASMANIA



ACCESS MENTAL HEALTH HELPLINE

Access Mental Health is a mental health support, triage, and referral phone line delivered by the Department of Health, Tasmania in partnership with Lifeline Tasmania. It supports the Tasmanian community and makes it easier to access the Tasmanian mental health system.

Phone: 1800 332 388

Website: [Click Here](#)

Available 24hrs / 7 days

SAFE CHOICES

When family violence is a factor in your life, SafeChoices has advice about options that will help keep you safe. This non-crisis service can help with decision-making, exit planning and practical support.

Phone: 1800 806 189

Text for Southern Tas: 0448 046 918 or North/North-West Tas: 0439 910 435

Website: [Click Here](#)

Available from 9am to 5pm – Monday to Friday.

STANDBY (SUPPORT AFTER SUICIDE)

StandBy is Australia's leading suicide postvention program dedicated to assisting people and communities bereaved or impacted by suicide.

Phone: 1300 727 247

Website: [Click Here](#)

Available from 6am – 10pm, 7 days per week.

YEMAYA WOMEN'S SUPPORT SERVICE (Northern Tasmania)

Yemaya provides counselling and support to women who are experiencing, or have experienced, abuse from an intimate partner. They support ALL women inclusive of religion, identity, ability, sexuality, social background, or culture. Free and confidential service. (Not a crisis service).

Phone: (03) 6334 0305

Website: [Click Here](#)

SEXUAL ASSAULT SUPPORT SERVICE (SASS) (Tasmania-wide 24-hour response line)

This service provides 24-hour crisis response and support for survivors of recent sexual assault. They also help your support persons (family members, friends and health professionals).

Phone: 1800 697 877

Website: [Click Here](#)

Available 24hrs / 7 days.

RAIN (Relationship Abuse of an Intimate Nature - North-West Tasmania)

RAIN is a free service that supports people who have been impacted by intimate partner violence. They provide client-centred case management that can include advocacy, safety planning and counselling. (Not a crisis service).

Phone: 1800 243 232

Website: [Click Here](#)

ENGENDER EQUALITY

A free and confidential statewide counselling service for any person affected by abuse in an intimate relationship. Services can be in-person or via phone or video call, and people can attend as many sessions as they need.

Phone: (03) 6278 9090

Website: [Click Here](#)

HUON DOMESTIC VIOLENCE SERVICE (Southern Tasmania)

Huon Domestic Violence Service is a free and confidential service for anyone affected by family/domestic violence in the Huon Valley.

Phone: (03) 6264 2222

Website: [Click Here](#)

Available Monday - Friday 9am - 4:30pm.

TASMANIA



ALCOHOL AND DRUG SERVICES

The Alcohol and Drug Service is a state-wide service across Tasmania. They provide programs and treatment to help you with alcohol, tobacco and other drug issues. All of their services are free, voluntary and confidential. They work with both adults and young people.

Phone: 1300 139 641

Website: [Click Here](#)

Available Monday - Friday from 9:00am to 5:00pm.

FAMILY VIOLENCE COUNSELLING AND SUPPORT SERVICE (FVCSS)

FVCSS offers professional and specialised services to assist children, young people and adults affected by family violence. This operational service is part of the Safe at Home initiative: a Tasmanian whole of government response to family violence.

Phone: 1800 608 122

Website: [Click Here](#)

9am – Midnight weekdays

4pm – Midnight weekends & public holidays.

GAMBLERS SUPPORT SERVICES AND EDUCATION PROGRAMS

Anglicare Tasmania provides free Gamblers Support Services and manages a range of Community Education Programs.

Their services provide support not just to those who are experiencing problem behaviours, but also for those directly impacted, such as friends and families.

Phone: 1800 243 232

Website: [Click Here](#)

Available Monday to Friday 9am to 5pm (excluding public holidays).

CHATS TASMANIA

Chats is a Lifeline Program that aims to reduce loneliness and isolation for people over the age of 60 who live independently in Tasmania. CHATS provides varied social activities and events for people and transport to get there and back.

Chats South Phone: (03) 6282 1555

Chats North Phone: (03) 6334 4430

Chats North-West Phone: (03) 6424 6547

Website: [Click Here](#)

HOUSING CONNECT

Housing Connect is the entry point for assistance for people who are experiencing homelessness or are in housing need. It provides support and assistance with all your housing needs, from crisis accommodation to a long-term home.

Phone: 1800 800 588

Website: [Click Here](#)

Available 24hrs / 7 days.

COLONY 47

An integrated service that can help with housing, employment, education and family relationships.

Phone: 1800 265 669

Website: [Click Here](#)

Available 9:00am – 5:00pm Monday to Friday.



AUSTRALIAN CAPTIAL TERRITORY



ACCESS MENTAL HEALTH TRIAGE SERVICE

Access Mental Health offer mental health services that are available 24 hours a day, 7 days a week. These services give you access to assessment and treatment services and offer advice and information on a range of mental health issues.

Phone: 1800 629 354 or (02) 6205 1065

Website: [Click Here](#)

CANBERRA HEAD TO HEALTH

If you live, work or play in the ACT, you no longer have to wait weeks or even months for mental health support. The Canberra Head to Health Centre is now open and provides free mental health care services to people 18 years and over.

Phone: 1800 595 212

Website: [Click Here](#)

Address:

Shop G7 (Ground Floor)
14 Childers Street
(At the corner of Childers and Allsop Street)
Canberra City ACT 2601

Walk-in:

Monday, Wednesday & Friday:

8:30am-4:30pm

Tuesday & Thursday (extended hours):

8:30am-6:30pm

MINDMAP (ACT Youth Portal)

ACT Youth Portal is a dedicated portal for children and young people (up to 25 years of age) to help navigate Canberra's mental health system and to find the right service and support.

Phone: 1800 862 111

Website: [Click Here](#)

Available 11am to 10pm / 7 days.

THE CANBERRA RAPE CRISIS CENTRE (CRCC)

Provides crisis phone lines, counselling, and advocacy services to anyone affected by sexual violence in their lives. They also provide specialised services to Aboriginal and Torres Strait Islander communities.

Crisis Phone Line: (02) 6247 2525

Crisis Text Line: 0488 586 518

Website: [Click Here](#)

Available from 7am-11pm every day, including weekends and public holidays.

CHILD AND ADOLESCENT MENTAL HEALTH SERVICE (CAMHS) COMMUNITY TEAMS

Provides assessment and treatment for children and young people up to 18 years of age, who are experiencing moderate to severe mental health difficulties.

Phone CAMHS Northside: (02) 5124 1407

Phone CAMHS Southside: (02) 5124 3133

Website: [Click Here](#)

Available Monday to Friday - 8.30am to 4:30pm.

DOMESTIC VIOLENCE CRISIS SERVICE

Domestic Violence Crisis Service (DVCS) is a specialist service. They can come to you if the police attend a violent incident. DVCS also help you safety plan, find somewhere to stay or support you to be safe at home. Their services are available to anyone living in the ACT region affected by domestic and family violence-children, young people and adults.

They can help with legal issues including:

- Applying for Family Violence Orders
- Preparing victim impact statements &
- Giving evidence in court.

Phone: (02) 6280 0900

Email: [Click Here](#)

Website: [Click Here](#)

Available 24hrs / 7 days.

AUSTRALIAN CAPTIAL TERRITORY



EATING DISORDERS CLINICAL HUB

The Hub is a centralised referral system that makes it easier for individuals and health professionals to refer people with eating disorders into the public system to get the care they need. Anyone in the ACT can refer themselves, or someone they are concerned about, for assessment and support.

Phone: (02) 5124 4326

Website: [Click Here](#)

BERYL WOMEN INC.

Beryl Women Inc. provides supported crisis accommodation for women and their children who are homeless or at risk of homelessness as a result of domestic and/or family violence.

Phone: (02) 6230 6900

Website: [Click Here](#)

Available 9am to 5pm Monday to Friday.

OLDER PERSONS MENTAL HEALTH COMMUNITY TEAMS

Offers assessment, care planning and interventions to people who are 65 years old or older and living in their own home (or a nursing home), who are experiencing a moderate to severe mental illness.

There is some flexibility to this age criteria including for Aboriginal people 50 years & over.

Phone: (02) 5124 1980

Website: [Click Here](#)

STRIDE

Provides comprehensive mental health services to everyone. Get in touch with them to talk anything mental health or request an appointment. Find answers for yourself or someone you care about. They offer services in Queensland, New South Wales, the ACT, Tasmania and regional Victoria.

Phone: 1300 001 907

Website: [Click Here](#)



ABORIGINAL & TORRES STRAIT ISLANDER



13YARN

Counselling for Aboriginal & Torres Strait Islander people.

Phone: 13 92 76

Website: [Click Here](#)

Available 24 hrs / 7 days

YARN SAFE (No shame in talking it out)

For young people aged between 12-25 years. Information that may help you or somebody else when going through a hard time. There's no shame in talking it out. Yarn Safe (Headspace) is your space to yarn safe.

Website: [Click Here](#)

Online/Phone Support: [Create Account Here](#)

YARNING SAFE 'N' STRONG

Counselling for Aboriginal & Torres Strait Islander people.

Phone: 1800 959 563

Website: [Click Here](#)

Available 24 hrs / 7 days

WELLMOB

Social, emotional and cultural wellbeing online resources for Aboriginal and Torres Strait Islander People.

Website: [Click Here](#)

BROTHER TO BROTHER

24-hour crisis line for Aboriginal men. The line is staffed by Aboriginal men, including elders, who have lived experience.

Phone: 1800 435 799

Website: [Click Here](#)

Available 24 hrs / 7 days

Resources

MANUAL OF RESOURCES

A collection of practical resources and tools that people, both Aboriginal and Torres Strait Islander and non-Indigenous, can use to make a real difference in promoting positive mental health and social emotional wellbeing, and preventing suicide in our communities.

Website: [Click Here](#)

Wungening

Exists to empower Aboriginal people to reconnect with their mind, body, spirit and community.

Website: [Click Here](#)

THIRRILI

The Indigenous Suicide Postvention Service supports individuals, families and communities affected by suicide or other significant trauma.

Phone: 1800 805 801

Website: [Click Here](#)

Available 24 hrs / 7 days

MEN'S SUPPORT



MENSLINE AUSTRALIA

Phone & online counselling services for men.

Phone: 1300 789 978

Online Counselling: [Click Here](#)

Join The Forum: [Click Here](#)

Available 24hrs / 7 days

YOU GOT THIS MATE.

You Got This Mate provides tips and info to help rural men reach their best possible mental health.

Website: [Click Here](#)

NO TO VIOLENCE - MEN'S REFERRAL SERVICE

The Men's Referral Service is the national counselling, information and referral service for men who use violence and abuse to change their behaviour. No to Violence provides a range of services to support men concerned about their behaviour to change what they are doing and keep women, children and communities safer.

Phone: 1300 766 491

Website: [Click Here](#)

Available 24hrs / 7 days

AUSTRALIAN MEN'S SHED ASSOCIATION

Discover a place to connect, a community to belong to & mates that make it all worthwhile. Not all Men's Sheds are the same. If you looked inside you might see a number of men making furniture, perhaps restoring bicycles for a local school, making Mynah bird traps, fixing lawn mowers or making a cubby house for Camp Quality to raffle. To find your local Men's Shed, visit the website below.

Phone: 1300 550 009

Website: [Click Here](#)

HEALTHY MALE

Healthy Male is a provider of information for men's health. They facilitate action on men's health in collaboration with others, advocate for change, empower men and boys to prioritise their health, build the capabilities of the health system and workforce, and focus their efforts to close the health and wellbeing gaps in specific groups.

Website: [Click Here](#)

SMS4dads

SMS4dads supports men in their role as fathers and increases awareness of their influence on baby's brain development.

SMS4dads helps fathers understand and connect with their baby and partner. It also checks in on their wellbeing and offers professional support if needed.

Website: [Click Here](#)

Join-Up for Texts: [Click Here](#)

EVERYMAN

Bringing effective and professional services to men experiencing exclusion, discrimination and marginalisation, no matter who they are or what they've done. Dedicated to supporting men (and their partners and families) in the areas of life that matter to them.

Phone: (02) 6230 6999

Website: [Click Here](#)

Available Monday - Friday

1800 RESPECT

Help & support for people impacted by domestic, family or sexual violence.

Phone: 1800 737 732 or Text: 0458 737 732

Web Chat: [Click Here](#)

Website: [Click Here](#)

Available 24 hrs / 7 days

WOMEN'S SUPPORT



1800 RESPECT

Help & support for people experiencing sexual assault, violence and abuse.

Phone: 1800 737 732 or Text: 0458 737 732

Website: [Click Here](#)

Web Chat: [Click Here](#)

Download App: [Daisy](#)

Available 24 hrs / 7 days

IMMIGRANT WOMEN'S SUPPORT SERVICE

Are a specialist service response for immigrant and refugee women from non-English speaking backgrounds and their children who have experienced domestic and/or sexual violence.

Phone: (07) 3846 3490

Website: [Click Here](#)

Available Monday to Friday 9:00am to 4:00pm.



YOUTH SUPPORT



KIDS HELPLINE

Counselling for 5-25 year olds.

Phone: 1800 551 800

Web Chat: [Click Here](#)

Website: [Click Here](#)

Available 24 hrs / 7 days

HEADSPACE (LGBTIQA+)

Helps young people from the LGBTIQA+ community all over Australia get support with mental health and wellbeing. Know that headspace is a safe space for you to talk about everything you're going through.

Website: [Click Here](#)

Visit their website for online & phone support.

COPMI

(Children of Parents with a Mental Illness)

Information for children, young people, parents, and their family and friends about parents and parenting with a mental illness to support the wellbeing of children and young people.

Website: [Click Here](#)

MINUS18 (LGBTQIA+)

Minus18 are changing the lives of LGBTQIA+ youth in Australia. They're leading change, building social inclusion, and advocating for an Australia where all young people are safe, empowered, and surrounded by people that support them.

- LGBTQIA+ Education
- Life-Affirming Programs
- Information & Resources

Website: [Click Here](#)

MoodGYM (Online program)

This free, fun, interactive program helps you identify and overcome problem emotions and shows you how to develop good coping skills for the future.

Website: [Click Here](#)

HEADSPACE

Headspace has a range of ways to support you online or by phone. You can get support for your mental health by simply creating a headspace account.

Phone: 1800 650 890

Web Chat: [Click Here](#)

Website: [Click Here](#)

Available from 9am-1am AEDT 7 days

BRAVE PROGRAM (Online program)

The BRAVE Program is an interactive, online program for the prevention and treatment of childhood and adolescent anxiety. The programs are free, and provide ways for children and teenagers to better cope with their worries. There are also programs for parents.

Website: [Click Here](#)

BITE BACK (Online program)

BITE BACK is a free, self-guided online wellbeing and resilience program for young people aged 13-16 years old. It uses a combination of fun, interactive activities, quizzes, animations and information across nine positive psychology domains including gratitude, optimism, flow, meaning, hope, mindfulness, character strengths, healthy lifestyle, and positive relationships.

Website: [Click Here](#)



LGBTIQ+ SUPPORT



QLIFE

Anonymous and free LGBTQIA+ support.

Phone: 1800 184 527

Web Chat: [Click Here](#)

Website: [Click Here](#)

Available 3pm - Midnight / 7 days

LGBTIQ+ HEALTH AUSTRALIA

LGBTIQ+ Health Australia, (formerly the National LGBTI Health Alliance), is the national peak health organisation in Australia for organisations and individuals that provide health-related programs, services and research focused on lesbian, gay, bisexual, transgender, intersex and queer people and other sexuality, gender and bodily diverse (LGBTIQ+) people and communities.

Phone: (02) 7209 6301

Website: [Click Here](#)

MINUS18

Minus18 are changing the lives of LGBTQIA+ youth in Australia. They're leading change, building social inclusion, and advocating for an Australia where all young people are safe, empowered, and surrounded by people that support them.

- LGBTQIA+ Education
- Life-Affirming Programs
- Information & Resources

Website: [Click Here](#)

WITHRESPECT

WithRespect provides resources, tips and advice for LGBTIQ+ people on having and maintaining healthy relationships. They also provide support for LGBTIQ+ people of all ages and their families experiencing difficulty in their relationships, including family violence.

Phone: 1800 542 847

Website: [Click Here](#)

REACHOUT

ReachOut helps under 25's with everyday questions through to tough times. Visit their website for information and advice on identity, gender and sexuality.

Website: [Click Here](#)

Peer Chat: [Click Here](#)

TRANSHUB (NSW)

TransHub is a digital information and resource platform for all trans and gender diverse (TGD) people in NSW, their loved ones, allies and health providers.

Website: [Click Here](#)

PFLAG - SYDNEY (Parents, Family and Friends of Lesbians and Gays)

PFLAG is creating a caring, just, and affirming world for LGBTQ+ people and those who love them. For more information, visit their website.

Phone: (02) 9294 1002

Website: [Click Here](#)

PARENTS OF GENDER DIVERSE CHILDREN

Parents of Gender Diverse Children works hard to give a voice to parents and those parenting transgender and gender diverse children. They know that parents who are well supported are better able to support their children; and that feeling connected, safe and included plays a vital part in creating strong and resilient families.

Website: [Click Here](#)

Contact Form: [Click Here](#)

ACON - HERE FOR HEALTH (LGBTQ+)

Acon help LGBTQ+ people and people with HIV take control of their mental health by providing a range of counselling services and care coordination programs for people with complex needs - (NSW Based).

Website: [Click Here](#)

LGBTIQA+ SUPPORT



LGBTIQA+ HEALTH: ALCOHOL AND DRUGS (VICTORIA)

A counselling and support service for people who would like to talk about the concerns or impacts of their alcohol and drug use in a confidential, non-judgmental and queer-affirmative space. This free service is known as Q Health. They are committed to supporting the health and wellbeing of lesbian, gay, bi, transgender, gender diverse, intersex, queer and questioning (LGBTIQA+) communities. All QHealth counsellors are LGBTIQA+ identifying.

Phone: 1300 637 744

Website: [Click Here](#)

Available Monday to Friday 9am to 5pm.

QHEADSPACE (LGBTIQA+)

Helps young people from the LGBTIQA+ community all over Australia get support with mental health and wellbeing. Know that headspace is a safe space for you to talk about everything you're going through.

Website: [Click Here](#)

Visit their website for online & phone support.



PARENTS SUPPORT



PANDA

Counselling for those experiencing difficulties during pregnancy and the first year of parenthood.

Phone: 1300 726 306

Website: [Click Here](#)

Available 9:00am - 7:30pm weekdays & Saturdays 9:00am - 4:00pm (AEST/AEDT)

PREGNANCY HELP AUSTRALIA

For people experiencing emotional distress or seeking additional support during an unexpected or challenging pregnancy.

Phone: 1300 139 313

Website: [Click Here](#)

Available 8am - 10pm AEST / 7 days

NGALA PARENTING (Western Australia)

A free support service for WA parents and caregivers of children from conception to 18 years.

Call back service:

Metro (08) 9368 9368 or

Regional 1800 111 546

Website: [Click Here](#)

Available 8:00am - 8:00pm, 7 days a week including Public Holidays.

COPE

(Centre of Perinatal Excellence)

Providing support for the emotional challenges of becoming a parent.

Phone: 1300 740 398

Website: [Click Here](#)

GIDGET FOUNDATION AUSTRALIA

Supporting the emotional wellbeing of expectant and new parents and those suffering from Perinatal Depression and Anxiety. Gidget ensures that parents receive timely, appropriate and specialist care.

Phone: 1300 851 758

Website: [Click Here](#)

Gidget Virtual Village

Facebook Page: [Click Here](#)

FOR WHEN

Mental health support for expecting and new parents. ForWhen connects parents that are struggling to navigate the complex waters of pregnancy and new parenthood to the critical mental health services you might need most.

Phone: 1300 242 322

Website: [Click Here](#)

Helpline available: 9:00am - 4:30pm Monday to Friday.

SMS4dads

SMS4dads supports men in their role as fathers and increases awareness of their influence on baby's brain development.

SMS4dads helps fathers understand and connect with their baby and partner. It also checks in on their wellbeing and offers professional support if needed.

Website: [Click Here](#)

Join-Up for Texts: [Click Here](#)

PREGNANCY BIRTH & BABY HELPLINE

Pregnancy, Birth and Baby is a national Australian Government service providing support and information for expecting parents and parents of children, from birth to 5 years of age.

Phone: 1800 882 436

Website: [Click Here](#)

Video Call: [Click Here](#)

Available 7am to midnight (AET), 7 days a week.

PARENTS OF GENDER DIVERSE CHILDREN

Parents of Gender Diverse Children works hard to give a voice to parents and those parenting transgender and gender diverse children. They know that parents who are well supported are better able to support their children; and that feeling connected, safe and included plays a vital part in creating strong and resilient families.

Website: [Click Here](#)

Contact Form: [Click Here](#)

FINANCIAL & GAMBLING SUPPORT



GAMBLING HELP ONLINE

Free online support for anyone affected by gambling.

Phone: 1800 858 858

Website: [Click Here](#)

Web Chat: [Click Here](#)

Online Forum: [Click Here](#)

Free 24/7 anonymous support.

NATIONAL DEBT HELPLINE

A free service for individuals dealing with a whole range of financial concerns.

Phone: 1800 007 007

Website: [Click Here](#)

Phone: Weekdays 9:30am - 4:30pm

Live Chat: Weekdays 9:00am - 8:00pm

BETSTOP

Is a safe and free Australian Government initiative to block yourself from all licensed Australian online and phone gambling providers.

Phone: 1800 238 786

Website: [Click Here](#)

9am - 9pm (AEST/AEDT) Monday to Friday, except national public holidays.

RURAL WEST - WA

(Formerly Rural Financial Counselling Service)

A free, confidential and mobile, independent financial counselling service to regional small businesses and all primary production enterprises in WA.

Phone: 1800 612 004 (Freecall)

Website: [Click Here](#)



SAFE SPACES

Western Australia



STEP UP STEP DOWN SERVICES

Provides short-term, residential support and individualised care for people following discharge from hospital, or those who are in the community experiencing a change in their mental health to avoid a possible hospitalisation.

Locations:

Joondalup, Rockingham, Albany, Bunbury, Geraldton, Kalgoorlie. (Visit their website for more information).

Website: [Click Here](#)

BUSSELTON COMMUNITY SAFE SPACE

Busselton Community Safe Space is a 'drop in' style space for people experiencing emotional distress or suicidal thoughts.

Location:

86 West Street, Shop 2, Busselton, WA, 6280.

Opening Hours:

Every Friday from 5pm to 9pm.

Website: [Click Here](#) **Facebook Page:** [Click Here](#)

BUNBURY SHINING HOPE COMMUNITY LED SAFE SPACE

A community led safe space for those in crisis and/or at risk of suicide.

Location:

9 Ramsay Street, Bunbury, WA, 6230.

Opening Hours:

The 3rd Sunday of every month, from 5pm - 9pm.

Facebook Page: [Click Here](#)

RICHMOND WELLBEING - Various Locations

When life throws something at you, that knocks you down, it can be hard to get back on your feet. Richmond Wellbeing are there to help. They understand how mental ill health can make living in or keeping a home difficult. Their supported accommodation is a way they can help you. (Visit their website for more information).

Website: [Click Here](#)

THE LUMINOS PROJECT - SUBIACO

A non-medical, short-stay residential service for young people aged 16-24 experiencing thoughts of suicide.

Phone: (08) 6230 3903 **Website:** [Click Here](#)

SAFE SPACES

Queensland



BRISBANE NORTH SAFE SPACE NETWORK

Brisbane North Safe Spaces provide people experiencing emotional distress, with friendly and welcoming support, in a safe environment, as an alternative to emergency departments.

Locations:

- Bardon Safe Space
- Strathpine Safe Space
- Caboolture Safe Space
- Redcliffe Safe Space

Opening Hours:

The Safe Spaces are open from 5pm – 9pm on weekdays and participate in a coordinated calendar of complimentary opening hours amongst the 4 spaces, over the weekends. Please visit their website for more details.

Website: [Click Here](#)

Safe Space Brochure: [Click Here](#) (for locations of Safe Spaces)

SAFE SPACE AT THE PRINCE CHARLES HOSPITAL

The Safe Space provides a dedicated, non-clinical, home-like area for people who are currently experiencing, or are at risk of developing, a mental health crisis, to allow timely intervention and compassionate care.

Location:

The Prince Charles Hospital
627 Rode Road, Chermside, QLD, 4032.

Opening Hours:

The service operates outside of normal business hours from 2:00pm – 8.00pm, Monday to Thursday and 5:00pm – 8:00pm Friday.

Phone: (07) 3139 4000

Website: [Click Here](#)

PCCS AFTER HOURS MENTAL HEALTH SAFE SPACES

PCCS offers After Hours Mental Health Safe Spaces for face-to-face support, inclusion and social connections in a relaxed café setting for people impacted by mental ill health. When it's not an emergency but you need someone to listen, Mental Health Safe Spaces are there to help you connect to supports and give you the peace of mind you need.

Locations:

- Mermaid Beach: 2580 Gold Coast Hwy, Mermaid Beach, QLD, 4218
- Southport: Level 3, 16-30 High Street, Southport, QLD, 4215

Opening Hours:

Monday to Friday 6pm - 9pm & Weekends 12pm - 8pm

Phone: (07) 3186 4000 **Website:** [Click Here](#)

SAFE SPACES

New South Wales



SUMMER HILL SAFE SPACE (SYDNEY'S INNER WEST)

This community safe space prioritises providing a safe and supportive environment for those in distress. Their team is dedicated to listening without judgment and offering empathy and compassion based on their own lived experiences. They strive to meet the unique needs of each guest and provide the support they need to feel heard and understood.

Location:

Little Big House - 16 Flourmill Way Summer Hill, NSW, 2130.

Opening Hours:

Open Fridays & Saturdays 5:30pm to 9pm

Website: [Click Here](#) **Facebook Page:** [Click Here](#)

MOWANA SAFE SPACE INC. (SYDNEY'S NORTHERN BEACHES)

MoWaNa Safe Space is a peer led community-based service to support people who are experiencing emotional or suicidal distress. This Community-led Safe Space is a 'drop in' style place that offers a non-clinical alternative to acute, clinical services such as emergency departments for people experiencing emotional or suicidal distress.

Location:

The Mind Café
1346 Pittwater Road, Narrabeen, NSW, 2101.

Opening Hours:

Friday, Saturday & Sunday nights 5pm to 9pm. Wednesday, Thursday & Friday mornings 8.30am to 11.00am for Coffee with Kindness.

(Opening hours are subject to change).

On the 2nd Tuesday evening of each month, they are open from 6pm to 8pm for the LGBTQIA+ community.

Phone: 0478 007 722

Website: [Click Here](#) **Facebook Page:** [Click Here](#)

BLUE MOUNTAINS SAFE SPACE FOR SUICIDE PREVENTION INC.

This Safe Space is a non-clinical space where people experiencing suicidal thoughts can find support.

Location:

2 Station Street, Katoomba NSW, 2780.

Opening Hours:

The 2nd Friday of every month from 6pm - 9pm.

Website: [Click Here](#) **Facebook Page:** [Click Here](#)

SAFE HAVEN NSW (MULTIPLE LOCATIONS STATEWIDE)

The Safe Haven initiative provides a calm, culturally sensitive and non-clinical alternative to hospital emergency departments, for people experiencing distress or suicidal thoughts.

To find a Safe Haven location in NSW visit their website - Website: [Click Here](#)

SAFE SPACES

Northern Territory



AUNTIES SAFE SPACE P.I.N.T.

A community-led Safe Space for you and your community.

Location:

30 Mahony Circuit, Driver, NT, 0830.

Opening Hours:

Open daily from 8:30am - 4:30pm.

Phone: 0455 776 612

Facebook: [Click Here](#)

MENTAL HEALTH ASSOCIATION OF CENTRAL AUSTRALIA (MHACA) DROP-IN CENTRE

The Drop-in Centre at MHACA is a welcoming space with comfy lounges, internet access, laundry and bathroom facilities and provides opportunities to socialise with others.

Location:

14 Lindsay Ave, Alice Springs, NT, 0870.

Opening Hours:

Mondays 8:30am – 1:30pm, Tuesdays – Fridays from 8:30am to 3:00pm.

Phone: (08) 8950 4600

Website: [Click Here](#)



SAFE SPACES

Victoria



CASTLEMAINE SAFE SPACE

Castlemaine Safe Space is a community led, non-clinical, inclusive, and comfortable sanctuary. Their lived experience volunteers are fully trained to support guests who may be in emotional distress or experiencing suicidal thoughts.

Locations & Opening Hours:

- The Senior Citizens Hall, Mechanics Lane (just up from the library). Tuesdays from 6:00pm 8:30pm.
- The Castlemaine Community House, 30 Templeton Street, Castlemaine, VIC,3450. Saturdays from 1:30pm – 4:00pm. (Visit their website for updated location details & opening hours).

Website: [Click Here](#)

SAFE HAVEN CAFÉ - ST VINCENT'S HOSPITAL MELBOURNE

Safe Haven is a friendly, compassionate, and safe place to visit if you or your friends, family or carers, have been experiencing emotional distress, including suicidal distress and you would like some support and social connection. Most of the staff have their own lived experience of suicidal distress and can listen, understand, and offer support. You might just want to have a cup of tea or coffee, talk to the Peer Workers, join in an activity, or sit quietly listening to music. You choose what suits you best.

Location:

St Vincent's Hospital
41 Victoria Parade, Fitzroy, VIC, 3065.

Opening Hours:

Website:



SAFE SPACES

South Australia



SAFE HAVEN (DROP-IN MENTAL HEALTH SERVICE IN SALISBURY)

If you need someone to talk to or some information about mental health services, Safe Haven can help. Safe Haven is a friendly, compassionate and non-judgmental place where everyone is welcome. Staff at Safe Haven have their own personal lived experiences of mental health challenges and can offer an understanding ear about whatever is troubling you. The service is free, drop-ins are encouraged, and no appointment or referral is necessary.

Location:

9 John Street, Salisbury, 5108, SA.

Opening Hours:

Tuesday to Friday from 5 pm to 9 pm.

Website: [Click Here](#)



SAFE SPACES

Tasmania



SAFE HAVEN (SOUTHERN TASMANIA)

The Safe Haven is for people aged 15 years and over, who are experiencing situational or suicidal distress, and their families or support networks. You can access the Safe Haven without a referral. You don't have to be linked with mental health services to ask for or receive support.

Location:

Safe Haven, Peacock Centre, 10 Elphinstone Road, North Hobart, TAS, 7000.

Opening Hours:

7 days a week from 9am to 10pm.

Website: [Click Here](#)

LAUNCESTON HEAD TO HEALTH (NORTHERN TASMANIA)

Head to Health centres are a safe and welcoming space to talk to someone if you, or someone you care about, are in distress, or need help finding the right mental health support to meet your needs. They offer an open door for people experiencing mental health challenges and those supporting them to be heard, find information, treatment and support and a path forward through the mental health system. Walk-in, no appointment necessary, no Medicare card required, open every day.

Location:

62-64 Canning Street, Launceston, TAS, 7250.

Opening Hours:

Monday to Friday 9am - 9pm, and Saturday, Sunday, and Public Holidays 10am - 2pm.

Their after-hours service is available Monday to Friday 5pm - 9pm, and Saturday, Sunday, and Public Holidays 10am - 2pm.

Phone: 1800 424 578

Website: [Click Here](#)



SAFE SPACES

Australian Capital Territory



SAFE HAVEN BELCONNEN

Safe Haven Belconnen provides a safe, welcoming and non-clinical space for people experiencing suicidal thoughts as another option to the local hospital emergency department. Safe Haven offers people in distress an opportunity for connection and support from peer workers. No appointment is needed, and services are free.

Location:

56 Lathlain Street, Belconnen, ACT, 2617.

Opening Hours:

Tuesday to Saturday from 3pm to 10pm

Phone: 0421 154 147

Website: [Click Here](#)



PROGRAMS



Programs

This Way Up

Programs for specific mental health concerns, teens & their parents/carers and students.

Website: [Click Here](#)

DBTeen - Lifeline Education Program (Western Australia)

This program is delivered in multifamily groups whereby carers develop the same skills alongside their teens (aged 14-18) and support them to embed the skills in their day to day lives. The program is as much for carers as the young person.

Website: [Click Here](#)

BITE BACK (Online youth program)

BITE BACK is a free, self-guided online wellbeing and resilience program for young people aged 13–16 years old. It uses a combination of fun, interactive activities, quizzes, animations and information across nine positive psychology domains including gratitude, optimism, flow, meaning, hope, mindfulness, character strengths, healthy lifestyle, and positive relationships.

Website: [Click Here](#)

BRAVE PROGRAM (Online youth program)

The BRAVE Program is an interactive, online program for the prevention and treatment of childhood and adolescent anxiety. The programs are free, and provide ways for children and teenagers to better cope with their worries. There are also programs for parents.

Website: [Click Here](#)

MoodGYM (Online program)

This free, fun, interactive program helps you identify and overcome problem emotions and shows you how to develop good coping skills for the future.

Website: [Click Here](#)

SAFER SPACES - First Nations LGBTIQ+SB (Northern Territory Program)

Safer Spaces is an Aboriginal and Torres Strait Islander (First Nations) LGBTIQ+SB Suicide Prevention program on inclusive practice. The Safer Spaces program consists of a full-day in-person workshop that increases participants' knowledge and literacy of the needs of First Nations LGBTIQ+SB people to improve access to suicide prevention, health, and social services for the First Nations LGBTIQ+SB community. It is currently available for First Nations community members, suicide prevention and mental health services and the social services sector. Government department officials are also encouraged to express their interest. The workshop draws on current research and looks at recent policy gaps and how to overcome them. It helps to identify unique microaggressions affecting this community, how they operate and affect experiences in our health systems. Participants will become better informed on the amplified impact of compounding racism and sexuality and gender-minority phobia, i.e. homo-, bi-, transphobia, and the link to suicide risk and the need for gender-affirming care. Visit their website for more information.

Website: [Click Here](#)

RESOURCES



Resources

Head to Health

Free mental health resources to support yourself or other people.

Website: [Click Here](#)

Headspace

Resources and guidance for educators, health professionals and employers.

Website: [Click Here](#)

Black Dog Institute

Resources & support about/for anxiety, depression, bipolar disorder, post-traumatic stress disorder, suicide & wellbeing.

Website: [Click Here](#)

Manual of Resources

A collection of practical resources and tools that people, both Aboriginal and Torres Strait Islander and non-indigenous, can use to make a real difference in promoting positive mental health and social emotional wellbeing and preventing suicide in our communities.

Website: [Click Here](#)



TRAINING & COURSES

We all play a role in building a mentally healthy future!



Visit our website for more information: [Click Here](#)

2-Day Course

.....

2 x 6 hour
sessions across
2 days

Up to 12
Participants

Accreditation
Granted

Pricing

\$300pp + GST



Recommended for:

- Individuals
- Leaders

Hybrid Course

.....

E-Learning + 4
hours face-to-face

Up to 20
Participants

Accreditation
Granted

Pricing

\$220pp + GST



Recommended for:

- Individuals
- Leaders

Awareness Session

.....

2 or 4 hours

20 - 40 PAX

2 x sessions (can
be delivered in
1 day)

Pricing

Starting from
\$80pp

Recommended for
all individuals

GET IN TOUCH



*This directory is a testament to our collective commitment
to building mentally healthy futures.*

*No matter the challenge, help is within reach.
Together, let's build a foundation of strength, resilience,
and understanding.*

Get In Touch:

See something missing? Please get in touch so we can continue to build this resource.

Whilst we strive to maintain accurate and up-to-date information in this directory, please note that details provided may be subject to change by the respective service providers without prior notice.

E-mail: info@bluetreeproject.com.au

Website: www.bluetreeproject.com.au



