



# Mental Health Services and Support

## Beyond Blue

24/7 mental health support service

**1300 22 4636**  
[beyondblue.org.au](http://beyondblue.org.au)

## headspace

Online support and counselling to young people aged 12 to 25

**1800 650 890** (9am-1am daily)  
For webchat, visit: [headspace.org.au/eheadspace](http://headspace.org.au/eheadspace)

## Kids Helpline

24/7 crisis support and suicide prevention services for children and young people aged 5 to 25

**1800 55 1800**  
[kidshelpline.com.au](http://kidshelpline.com.au)

## 1800RESPECT

24/7 support for people impacted by sexual assault, domestic violence and abuse

**1800 737 732**  
[1800respect.org.au](http://1800respect.org.au)

## Lifeline

24/7 crisis support and suicide prevention services

**13 11 14**  
[lifeline.org.au](http://lifeline.org.au)

## Suicide Call Back

24/7 crisis support and counselling service for people affected by suicide

**1300 659 467**  
[suicidecallbackservice.org.au](http://suicidecallbackservice.org.au)

## Mensline

24/7 counselling service for men

**1300 78 99 78**  
[mensline.org.au](http://mensline.org.au)

## QLife

LGBTI peer support and referral

**1800 184 527** (6pm-10pm daily)  
[qlife.org.au](http://qlife.org.au) (online chat 3pm-12am daily)

If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.



With delivery partners



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# Services:

## **Multicultural Futures**

Face to face support, referral pathways, family groups

## **Beyond Blue**

Online forums, fact sheets, Mum & Dad specific resources

## **Family-School Partnerships Framework- Department of Education**

Guide for schools and families, fact sheets

## **Emerging Minds**

National Workforce Centre for Child Mental Health

## **Family Relationships**

Family counselling, disputes and mediation, financial counselling

## **Relationships Australia**

Counselling, mediation, domestic violence, parenting and family relationships

## **Anglicare – Family Relationships centre**

Dispute resolution and family services

## **Helping Minds**

Carer counselling, support groups, child & young person counselling, school workshops

## **Raising Children**

Comprehensive parenting & family resources

## **MIFWA**

Carer support, retreats, support workshops

## **Ngala Parenting line**

Telephone support service for parents and caregivers