



Essential Information

Mental Health Support Services

When experiencing mental health concerns, there may be times when you want to talk to someone about your thoughts and feelings. Seeking help and support for mental health concerns may be the first step to starting your journey towards recovery and wellbeing. The following list provides services in Australia.

24/7 Telephone Counselling and Crisis Services

Emergency assistance	000
Lifeline	13 11 14 Online crisis support chat: https://www.lifeline.org.au
Suicide Call Back Service	1300 659 467 Online or video chat: https://www.suicidecallbackservice.org.au
Kids Helpline (5-25 years)	1800 551 800 Online or email chat: https://kidshelpline.com.au/
MensLine Australia	1300 789 978
Veterans and Veterans Families Counselling Service	1800 011 046
National Sexual Assault, Domestic Family Violence Counselling Service	1800 737 732
Beyond Blue	1300 224 636 Online, email or forum support: https://www.beyondblue.org.au/

Mental Health Information and Referral Hotlines

These services offer mental health information, referrals, with some offering telephone or online counselling:

National Services

Health Direct Australia <i>Referral and information hotline</i>	1800 022 222 https://www.healthdirect.gov.au/
SANE <i>Telephone, information and online forum for BPD</i>	1800 187 263 https://saneforums.org/
eHeadspace <i>Telephone and online support for people aged 12 – 25 years</i>	1800 650 890 https://www.eheadspace.org.au/





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Blue Knot Helpline **1300 657 380**
Telephone counselling for adult survivors of childhood trauma and abuse <https://www.blueknot.org.au/>

Carers Australia **1800 242 636**
Referral hotline and online discussion forum for carers www.carersaustralia.com.au

QLife **1800 184 527**
Telephone and online counselling and referral service for people who identify with being LGBTI <https://qlife.org.au/>

State-based Services

New South Wales

Mental Health Line **1800 011 511**
Alcohol and Other Drugs Information Service (ADIS) **(02) 9361 8000**
Carer Connections Helpline (Mental Health Carers NSW) **1300 554 660**

Victoria

Suicide Help Line **1300 651 251**
Mental Health Services General Enquiries **1300 767 299**

Queensland

13 HEALTH **1343 2584**

South Australia

Mental Health Assessment and Crisis Intervention Service **13 14 65**

Western Australia

Mental Health Emergency Response Line **1800 676 822**

Northern Territory

Top End Mental Health Service **(08) 8999 4988**

Australian Capital Territory

Mental Health Triage Service **1800 629 354**

Tasmania

Mental Health Service Helpline **1800 332 388**

If you are outside of Australia, please contact your local mental health service for support

