

# Emergency & Community Contacts

## **If a life is in immediate danger, dial 000 (Emergency Services)**

If you are experiencing a mental health crisis or are struggling to cope, the following services are here to help.

<p><b>1300 MH CALL</b></p> <p>1300 64 2255</p> <p>24/7 specialist mental healthcare – first point of contact for mental health services providing support, information, advice and referral.</p>	<p><b>Kids Helpline</b></p> <p>1800 551 800</p> <p>Australia's only 24/7, private and confidential counselling service specifically for children and young people aged 5 to 25 years.</p> <p>Visit their webchat here <a href="http://bit.ly/2CzZWYQ">http://bit.ly/2CzZWYQ</a></p>
<p><b>Lifeline</b></p> <p>13 11 14</p> <p>24/7 crisis support and suicide prevention services.</p> <p>Chat to Lifeline online (8am – 4am AEST, 7days)</p> <p><a href="http://bit.ly/2yUVGHI">http://bit.ly/2yUVGHI</a></p>	<p><b>MensLine Australia</b></p> <p>1300 789 978</p> <p>24/7 help, support, referral and counselling services for men via telephone, online and video.</p> <p><a href="http://www.mensline.org.au">www.mensline.org.au</a></p>
<p><b>Suicide Call Back Service</b></p> <p>1300 659 467</p> <p>24/7 free counselling for suicide prevention and mental health via telephone, online and video for anyone affected by suicidal thoughts.</p> <p><a href="http://bit.ly/2oFDuCK">http://bit.ly/2oFDuCK</a></p>	<p><b>Eheadspace</b></p> <p>1800 650 890</p> <p>Eheadspace is a confidential, free and secure space where young people 12-25 or their family can chat, email or speak on the phone with a qualified youth mental health professional.</p> <p><a href="https://eheadspace.org.au/">https://eheadspace.org.au/</a></p>
<p><b>SANE Australia Helpline</b></p> <p>1800 187 263</p> <p>Provides information, guidance and referrals you need to manage mental health concerns. Weekdays 10am – 10pm AEST</p> <p><a href="http://www.sane.org">www.sane.org</a></p>	<p><b>Butterfly Foundation Support Line</b></p> <p>1800 ED HOPE (1800 33 4673)</p> <p>A free and confidential service which provides information, counselling and treatment referral for eating disorders, disordered eating, body image and related issues. (8am – 12am AEST, 7 days a week except national public holidays).</p> <p><a href="http://www.thebutterflyfoundation.org.au">www.thebutterflyfoundation.org.au</a></p>
<p><b>QLife</b></p> <p>1800 184 527</p> <p>National telephone and web counselling service for lesbian, gay, bisexual, trans and intersex (LGBTI) people, families and friends. (3pm – 12am in all states and territory)</p> <p><a href="https://qlife.org.au/">https://qlife.org.au/</a></p>	<p><b>PANDA</b> (Perinatal Anxiety and Depression Australia)</p> <p>1300 726 306</p> <p>A free national helpline service offering support for new and expecting mums and dads struggling with becoming a parent. (Monday to Friday, 9am – 7:30pm AEST).</p> <p><a href="https://www.panda.org.au/">https://www.panda.org.au/</a></p>

## **Veterans and Veterans Families Counselling Service**

1800 011 046

24/7 service that provides supportive, confidential counselling to members of the veteran and ex-service community who need support or are in crisis.

<http://www.vvcs.gov.au/>

## **ReachOut.com**

An internet service for young people that provides information, support and resources about mental health issues and enable them to develop resilience, increase coping skills and facilitate help-seeking behaviour.

Visit their website <https://au.reachout.com/>