



Getting Help - Mental Health Services

Mental Health & Suicide Prevention Services

BeyondBlue provides information about mental health issues and also has a suicide safety plan guide.

1300 224 636 | <https://www.beyondblue.org.au>

Black Dog Institute has a range of self tests and an online treatment program to address mild to moderate symptoms of stress, anxiety, and depression.

<https://www.blackdoginstitute.org.au/getting-help/self-help-tools-apps>

Conversations Matter is a practical online resource to support safe and effective community discussions about suicide.

<http://www.conversationsmatter.com.au/>

HeadSpace provides face-to-face and online and telephone counselling services for 12 - 25 year olds.

<https://headspace.org.au/headspace-centres/>

<https://headspace.org.au/eheadspace/>

Lifeline is a national charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services.

12 11 14 | Text: 0477 131 114 (trial service) | <https://www.lifeline.org.au/>

RUOK? helps people start conversations with friends, family, and work colleagues who may be struggling with life.

<https://www.ruok.org.au/>

SANE Australia provides phone, email and online chat with mental health professionals Mon-Fri 10 am – 10 pm AEST. Resources for families, friends and others caring for someone with a mental illness.

1800 187 263 | <https://www.sane.org/get-help>

Suicide Call Back Service is a nationwide service that provides professional 24/7 telephone and online counselling to people who are affected by suicide.

1300 659 467 | <https://www.suicidecallbackservice.org.au/>

Other Services

Gambling HelpLine

1800 858 858 | <https://problemgambling.sa.gov.au/>

Health Direct Information

1800 022 222 | <https://www.healthdirect.gov.au/health-information-online>

Mensline Australia is a telephone and online counselling service for men with family and relationship concerns.

1300 789 978 | <https://mensline.org.au/>

Men's Shed aims to improve the health and wellbeing of men and reduce the number of men at risk from preventable health issues that may emanate from isolation.

1300 550 009 | <https://mensshed.org/>

White Ribbon Australia lists a range of support services for people who may be experiencing family and domestic violence.

<https://www.whiteribbon.org.au>