

USEFUL SUPPORT SERVICES

If you are feeling distressed or would like some additional support, please contact your GP. If you need urgent medical help, please call 000 (or on a mobile you can call 112). Other numbers that you can call at any time, if you want help and support:

24/7 Crisis Support Services

<p>LIFELINE 24 hours a day, 7 days a week Crisis support over the phone, for all ages Lifeline also has an online crisis support chat from 7pm to 4am, 7 days a week. To find out more, you can do an internet search for “Lifeline” or go to www.lifeline.org.au and click on the “online services” tab.</p>	<p>13 11 14 (free call from mobiles)</p>
<p>Kids Helpline – Teens and Young Adults 24 hours a day, 7 days a week Phone support and counselling, for ages 13-25 Kids Helpline also have WebChat Counselling available between 8am and midnight, 7 days a week and Email Counseling. For more information, search for “Kids Helpline” or go to www.kidshelp.com.au/teens</p>	<p>1800 55 1800 (free to call)</p>
<p>Suicide Call Back Service 24 hours a day, 7 days a week Phone crisis counselling and support, ages 15 plus Crisis support for people who are suicidal, carers of someone who is suicidal and people bereaved by suicide. The Suicide Call Back Service provides immediate telephone support in a crisis and can provide up to 6 further telephone counselling sessions with the same counsellor. For more information go to https://www.suicidecallbackservice.org.au</p>	<p>1300 659 467</p>
<p>13YARN 24 hours a day, 7 days a week Phone crisis counselling and support, with a Lifeline-trained Aboriginal & Torres Strait Islander Crisis Supporter [Thirteen YARN] is the first national crisis support line for mob who are feeling overwhelmed or having difficulty coping. They offer a confidential one-on-one yarning opportunity with a Lifeline-trained Aboriginal & Torres Strait Islander Crisis Supporter who can provide crisis support 24 hours a day, 7 days a week. 13YARN empowers our community with the opportunity to yarn without judgement and provide a culturally safe space to speak about their needs, worries or concerns. If you, or someone you know, are feeling worried or no good, we encourage you to connect with 13YARN on 13 92 76 (24 hours/7 days) and talk with an Aboriginal or Torres Strait Islander Crisis Supporter. For more information go to: https://www.13yarn.org.au/factsheets</p>	<p>13 92 76 (free to call)</p>

If you are not experiencing a crisis but would like to access some general help and support, you can try contacting some of the services listed below, or visit their websites for more information.

Support and counselling services

<p>beyondblue Support Service 24 hours a day, 7 days a week Phone support, for all ages Support, information and advice over the phone, for concerns big and small. beyondblue also have an online chat service available between 3pm and midnight, 7 days a week and an email service. For more information search “beyondblue” or go to https://www.beyondblue.org.au/</p>	<p>1300 224 636</p>
<p>Carer Advisory Service Available during business hours Short term counselling services, for carers This service provides information and advice about carer supports and services. It is also the number for the National Carer Counselling Program, which provides short-term counselling specifically for carers; you can make an appointment by calling this number. For more information search “Carers Australia”</p>	<p>1800 242 636 (free call from landline)</p>
<p>SANE Helpline 9am-5pm, weekdays Information and referrals The SANE Help Centre provides information, guidance and referrals for people living with a mental illness and their families and carers. They also have an online chat service available 9am-5pm weekdays and an email service. For more information visit: https://www.sane.org/</p>	<p>1800 187 263</p>
<p>MensLine Australia 24 hours a day, 7 days a week Phone support and information, for men Support, information and referral service for men with family and relationship concerns. MensLine also offer a call back service, online counselling and video counselling. For more information search “MensLine” or go to http://www.mensline.org.au/</p>	<p>1300 789 978</p>
<p>Indigenous Wellbeing Course By MindSpot 24 hours a day, 7 days a week Phone support and information, for Aboriginal and Torres Strait Islanders aged 18+ years Helps Aboriginal and Torres Strait Islanders aged 18+ years learn to manage mild, moderate, and severe symptoms of depression and anxiety with core skills that will improve confidence and quality of life. Go to: https://www.mindspot.org.au/course/indigenous-wellbeing/</p>	<p>1800 61 44 34</p>
<p>Mental health resources for First Nations People By Beyond Blue 24 hours a day, 7 days a week Reducing the impact of depression and anxiety among Aboriginal and Torres Strait Islander communities is a priority for Beyond Blue. A range of research, information, education</p>	<p>1300 22 4636</p>

<p>and support strategies have been developed. Also featured are publications, personal stories and community forums. Go to: https://www.beyondblue.org.au/who-does-it-affect/aboriginal-and-torres-strait-islander-people</p>	
<p>Suicide Prevention Information for First Nations communities By Lifeline 24 hours a day, 7 days a week This information may help Aboriginal and Torres Strait Islander people work out what they can do and who can help when they are worried about self-harm or suicide. Go to: https://www.lifeline.org.au/media/2uzp3v41/rev1_sept_11-4pp-tool-kit_suicide-prevention-info-aboriginal-tsi-people.pdf</p>	<p>13 11 14</p>