

Mental Health Supports

If you are concerned about yourself or a colleague, help is available through these free and confidential supports.

Organisation	Phone	Website
Head to Health Provided by the Department of Health to search free or low cost digital supports for mental health.		headtohealth.gov.au/covid-19-support
Beyond Blue Coronavirus Mental Wellbeing Support Service 24/7 support for mental health and wellbeing via phone, web chat and online forum.	1800 512 348	coronavirus.beyondblue.org.au
Lifeline Australia 24/7 crisis support and suicide prevention services.	13 11 14	lifeline.org.au
13Yarn The first national crisis support line for mob who are feeling overwhelmed or having difficulty coping.	13 92 76	13yarn.org.au
1800 Respect Open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse.	1800 737 732	1800respect.org.au
Suicide Call Back Service 24/7 telephone crisis support for people at risk of suicide, carers and bereaved, as well as online resources and information.	1300 659 467	suicidecallbackservice.org.au
MensLine Australia 24/7 telephone and online support, information and referral service for men	1300 78 99 78	mensline.org.au/phone-and-online-counselling
Kids Helpline 24/7 telephone counselling for young people under 25 years.	1800 55 1800	kidshelpline.com.au
headspace Australia Telephone and web chat for young people aged 12 to 25 years.	1800 650 890	headspace.org.au
QLife Telephone and online chat support service for lesbian, gay, bisexual, trans, and/or intersex (LGBTI) communities.	1800 184 527	qlife.org.au
Relationships Australia Relationships Australia offers a broad range of services to individuals, families and communities throughout the country.	1300 364 277	relationships.org.au
Australian Psychological Society Find a Psychologist and PsychEngage tools.		psychology.org.au/find-a-psychologist
SANE Resources, forums and support for people affected by complex mental health issues.	1800 187 263	sane.org
Butterfly Foundation Support for people affected by eating disorders via telephone, web chat or email.	1800 334 673	butterfly.org.au

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Organisation	Phone	Website
Carers Australia Carer gateway of practical advice and connection with local carer services.	1800 422 737	carersaustralia.com.au
National Debt Helpline Financial counselling advice for financial hardship.	1800 007 007	ndh.org.au
Counselling Online 24/7 support for anyone affected by alcohol and other drugs.	State-based numbers	counsellingonline.org.au
Gambling Help Online 24/7 support for anyone affected by gambling.	1800 858 858	gamblinghelponline.org.au
New Access for Small Business Owners A free and confidential mental health coaching program for small business owners across Australia.	1300 945 301	beyondblue.org.au/get-support/newaccess/newaccess-for-small-business-owners
MindSpot Provides screening assessments and internet-delivered cognitive behavioural therapy courses for Australians troubled by stress, worry, anxiety and depression.	1800 61 44 34	mindspot.org.au

National Workplace Initiative

- The National Mental Health Commission and Mentally Healthy Workplace Alliance are developing the National Workplace Initiative to create a national approach to mentally healthy workplaces.
- [Visit the Commission's website](#) to learn more about the National Workplace Initiative.