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
Lifeline

Suicide Call Back Service

Kids Helpline (5-25 years)

MensLine Australia
Veterans and Veterans Families Counselling Service
National Sexual Assault, Domestic Family Violence Counselling Service

Beyond Blue

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

Referral and information hotline

SANE
Telephone, information and online forum for BPD
eHeadspace

Telephone and online support for people aged 12 – 25 years
Essential Information

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

www.projectairstrategy.org

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