

## Mental Health Support Services



Lifeline <https://www.lifeline.org.au/crisis-chat/>

For anyone who needs assistance because they are experiencing a crisis, are thinking about suicide or are caring for someone else who is in a crisis. Crisis support is available via phone, text or online chat.

**Phone 13 11 14** - available 24 hours / 7 days

**Lifeline Text 0477 13 11 14** - from 6pm - midnight

**Online chat available nightly** – from 7pm-midnight

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

**Headspace Glenroy:** 1300 880 218

Helps young people aged 12-25 years who are going through a tough time. They assist young people and their families with mental health, physical health, alcohol and other drugs and education and employment support.



**headspace** provides online and telephone support for young people and their families.

Suicide call back service <https://www.suicidecallbackservice.org.au/>



Provides 24/7 telephone and online counselling to people who are feeling suicidal or affected by suicide.

**Phone - 1300 659 467**

**Online chat and video chat** – go to website <https://www.suicidecallbackservice.org.au/phone-and-online-counselling/suicide-call-back-service-online-counselling/>

Kids helpline <https://kidshelpline.com.au/>

24/7 phone and online counselling service for young people aged 5 -25 years

**Phone:** 1800551800

**Website** – includes lots of great resources for youth and parents/carers



ReachOut <https://au.reachout.com/>

Online mental health organisation for young people and their parents. The website includes tools and tips to help young people get through anything from everyday issues to tough times. Great supports for parents and carers too.

Beyond Blue - <https://www.beyondblue.org.au/>

Website has resources around different mental health issues, where to get support, how to support others and much more!



**Phone:** 1300 22 4636 24 hours / 7 days a week

**Chat online** – 3pm-12am 7 days a week - <https://www.beyondblue.org.au/get-support/get-immediate-support>



1800RESPECT <https://www.1800respect.org.au/>

Confidential service available 24 hours a day, seven days a week.

Provides support for people experiencing, or at risk of experiencing, sexual assault, domestic or family violence

**PHONE:** 1800 737 732

QLife <https://qlife.org.au/>

Provides anonymous LGBTI peer support and referral for people wanting to talk about a range of issues. The service is for LGBTI individuals, their friends, families and health professionals.



**Phone:** 1800 184 527 3pm – midnight everyday

Webchat also available



Head to Health <https://headtohealth.gov.au/>

Assists you to find digital mental health services from some of Australia's most trusted mental health organisations. Brings together apps, online programs, online forums, phones services as well as a range of digital information resources. Whether you are trying to improve your own sense of well-being, looking for help for you or helping someone else, it can be a good place to start.

## Digital tools and Apps



**Bite Back** - <https://www.biteback.org.au/>

Self-guided online wellbeing and resilience program for young people aged 12-18 years but with a particular focus on those aged 13 – 16 years



**The check-in** - For anyone who wants to check in with a friend but is concerned about saying the wrong thing or making the situation worse.

**The Check-in**



**Headspace**

**Headspace** – a meditation app that takes you through the basics of meditation, with progress pages to track your stats and reminders to help you with your practice.