

Mental Health Resources



Beyond Blue 1300 224 636
beyondblue.org.au
Mental health and wellbeing



Lifeline 131 114
lifeline.org.au
Suicide Prevention



Black Dog
Institute

BETTER : MENTAL HEALTH

Black Dog Institute
blackdoginstitute.org.au
Mental Health



1800 Respect
1800respect.org.au
Domestic and sexual violence helpline



Butterfly Foundation
butterfly.org.au
Body image issues



13 Yarn 139276
13yarn.org.au
Tough times for Aboriginal and Torres Straige Islanders

LGBTIQA+

LGBTIQA+ community called the
Rainbow Sexual, Domestic and Family Violence
Helpline 1800 497 212



financial
counselling
australia

Financial Counselling Australia 1800 007 007
financialcounsellingaustralia.org.au
Experiencing financial difficulty

Mental Health Resources



White Ribbon 1800737732
www.whiteribbon.org.au
24-hour sexual assault, family and domestic violence



Full Stop
www.fullstop.org.au
A life free from abuse is possible



Relationship Matters
www.relationshipmatters.com.au
Safe, Respectful and Fulfilling Relationships



Women's Health NSW
www.whnsw.asn.au
21 non-government community-based women's health centres



She Counselling
www.shecounselling.com.au/
Free support and counselling



Interrelate
www.interrelate.org.au/
Helping you thrive in relationships



Bravehearts
www.bravehearts.org.au
Find a Psychologist Search by issue, name or location



Kids Helpline 1800 551 800
www.kidshelp.com.au
Phone counselling service for young people

Mental Health Resources



Sane 1800 187 263
www.SANE.org
Factsheets on illnesses and treatments



Man Therapy
www.mantherapy.org
Mental health



Head to Health
www.headtohealth.gov.au
Information and support for mental health



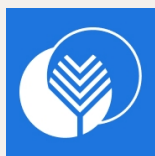
Mensline Australia 1300 789 978
www.mensline.org.au
24-hour support for men



Carers Australia 1800 2424 636
www.carersaustralia.com.au
Family carer support and counselling



Relationships Australia 1300 364 277
www.relationships.org.au
Relationship support and counselling services



Australian Psychological Society
www.psychology.org.au
Find a Psychologist Search by issue, name or location



Suicide Call Back Service 1300 659 467
www.suicidecallbackservice.org.au
24-hour telephone counselling service