











Useful Contacts

	<p>Beyond Blue Support Service 24/7 Telephone, online support. Chat forums, resources and information</p>	<p style="text-align: center;">1300 224 636 www.beyondblue.org.au</p>
	<p>Lifeline 24/7 24-hour crisis support and information for people experiencing emotional distress. personal crisis, contemplating suicide or caring for someone in crisis</p>	<p style="text-align: center;">13 11 14 www.lifeline.org.au</p>
	<p>SANE Telephone counsellors are available via phone, web chat or email from 10am to 10pm. information for people experiencing complex mental health problems and those caring for them.</p>	<p style="text-align: center;">1800 187 263 www.sane.org</p>
	<p>Mindspot Online assessment and treatment courses (clinician assisted) for people with symptoms of stress, worry, anxiety, low mood and depression. Not a crisis service. Phone 8am-8pm Mon – Fri, 8am-6pm Sat</p>	<p style="text-align: center;">1800 614 4 34 www.mindspot.org.au</p>
	<p>Kids Helpline Free, confidential, 24/7 phone & online counselling for 5-25 years</p>	<p style="text-align: center;">1800 551 800 www.kidshelpline.com.au</p>
	<p>ReachOut Internet information service for under 25yrs old</p>	<p style="text-align: center;">https://au.reachout.com/</p>
	<p>Grieflink Provides a range of counselling and support services for those working with or affected by grief and bereavement</p>	<p style="text-align: center;">1800 642 066 www.grieflink@asn.au</p>
	<p>Jesuits - Support After Suicide Immediate practical information, material to help you understand grief and suicide, fact sheets, online community for those bereaved by suicide</p>	<p style="text-align: center;">www.jss.org.au</p>
	<p>Head to Health Provides link to trusted Australian online and phone supports, resources and treatment options.</p>	<p style="text-align: center;">https://headtohealth.gov.au</p>
	<p>Carer Gateway Phone counselling, forums, self-guided coaching, information, help and advice for carers</p>	<p style="text-align: center;">1800 422 737 https://www.carergateway.gov.au/</p>
	<p>Counselling Online Free Drug and Alcohol counselling 24/7. State phone numbers available on website</p>	<p style="text-align: center;">https://www.counsellingonline.org.au</p>