

A large whale swims gracefully in the upper half of the frame, its body arched as it moves through the clear blue water. Sunlight filters down from the surface, creating a shimmering effect. In the lower right, a scuba diver is visible, swimming horizontally and looking towards the whale. The overall scene conveys a sense of vastness and tranquility.

Mindarma

Beyond tough

Support services

National resources

Your local GP

Your General Practitioner can provide support for mental health issues.

If your doctor feels you would benefit from additional support, they may refer you to a Psychologist or Psychiatrist. In Australia a Medicare rebate is provided for up to ten sessions with a Psychologist each year.

[Finding a mental health friendly doctor.](#)



Talked

www.talked.com.au

Talked.com.au makes it simple to connect with qualified therapists and psychologists from anywhere in Australia.

Beyond Blue

Phone: 1300 22 4636

www.beyondblue.org.au

Beyond Blue provides free 24/7 brief and confidential counselling via phone call or Webchat.

Black Dog Institute

www.blackdoginstitute.org.au

The Black Dog Institute provides a range of online resources and support programs regarding mental health.

Black Dog Institute's free online clinic tool can be found [here](#).



Lifeline

Phone: 13 11 14

www.lifeline.org.au

Lifeline provides free anonymous 24/7 generalist counselling that does not discriminate. If you are experiencing a personal crisis, Lifeline can help.

Mensline

Phone: 1300 789 978

MensLine Australia is a free telephone and online counselling service offering 24/7 support for Australian men dealing with family and relationship problems.

National Alcohol and Other Drug Hotline

Phone: 1800 250 015

This hotline provides free and confidential advice about alcohol and other drugs as well as available treatment options.

QLife

Phone: 1800 184 527 (3pm – midnight)

www.qlife.org.au

National counselling and referral service for people who are lesbian, gay, bisexual, trans, and/or intersex.

NewAccess

[NewAccess program by Beyond Blue](#)

A guided mental health coaching program. It's free and confidential. Available by phone/ video call. GP referral is not required. Available 8am – 8pm Mon–Thurs and 8am – 5pm Fri.



Suicide Call Back Service

Phone: 1300 659 467

www.suicidecallbackservice.org.au

This is a 24/7 referral line for people at risk of suicide, people caring for someone who is suicidal, or people bereaved by suicide. The service offers six 50-minute telephone counselling sessions to people over 18 years, and up to two call-backs to professionals.

13 Yarn

Phone: 13 92 76

www.13yarn.org.au

Provides a confidential one-on-one support and yarning opportunity with trained Lifeline Aboriginal & Torres Strait Islander Crisis Supporters.

Embrace Multicultural Mental Health

Phone: 02 6285 3100

www.embracementalhealth.org.au

Embrace Multicultural Mental Health gives multicultural communities access to resources, services and information in a culturally accessible format.

National Debt Helpline

Phone: 1800 007 007

www.ndh.org.au

National Debt Helpline is a not-for-profit service that helps people tackle their debt problems. Their professional financial counsellors offer a free, independent and confidential service.



1800 Respect

Phone: 1800 737 732

www.1800respect.org.au

1800RESPECT is available for free, 24 hours a day, 7 days a week to support people impacted by domestic, family or sexual violence.

Family support services

Relationships Australia

Phone: 1300 364 277

www.relationships.org.au

Relationship support and counselling services for individuals, families and communities.

Tresillian

Phone: 1300 364 277

www.tresillian.org.au

An early parenting service offering guidance in the early years of a child's life. Support and advice is provided on topics such as breastfeeding and settling baby, as well as dealing with postnatal depression and nutrition.



Perinatal Anxiety & Depression Australia (PANDA)

Phone: 1300 726 306

www.panda.org.au

PANDA offers free perinatal mental health counselling.



Carer Gateway

Ph: 1800 422 737 Monday - Friday 8am - 5pm.

Carer Gateway is a national support service funded by the Australian Government. It provides free, local services and supports to carers including planning, free counselling, support groups, coaching, practical assistance and respite care (24/7 help at short notice). These services are designed for carers, by carers.

