



Mental Health and Wellbeing Helplines and Websites

Lifeline:

13 11 14

lifeline.org.au

beyondblue:

1300 22 4636

beyondblue.org.au

SANE Australia helpline:

1800 18 SANE (7263)

sane.org

Suicide Call Back Service:

1300 659 467

suicidecallbackservice.org.au

Kids Helpline:

1800 55 1800 (27/7 crisis support)

kidshelp.com.au

headspace:

1800 650 890

headspace.org.au

Access Mental Health Helpline

1800 332 388

MensLine Australia:

1300 78 99 78

mensline.org.au

Open Arms Veterans & Families Counselling

1800 011 046

vvcs.gov.au

Mates4Mates**Veterans & Families Counselling**

mates4mates.org

Eating Disorder Support Butterfly Foundation Support Line

1800 33 4673

butterflyfoundation.org.au

LGBTQI+ Specific Support**QLife line:**

1800 184 527

qlife.org.au

Reachout Australia

au.reachout.com

Tune In Not out - Youth Health and Wellbeing Portal

tuneinnotout.com

(A project of the Australian Lions Wellbeing Foundation)