



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

First Nations Crisis Support Line

13YARN – 13 92 76

Tune In Not Out - Youth health and wellbeing portal

tuneinnotout.com

A project of ALWF

MensLine Australia

1300 78 99 78

mensline.org.au

**Open Arms Veterans & Families
Counselling**

1800 011 046

openarms.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

Carers Australia

carersaustralia.com.au

1800 422 737

Local Services

To find support services near you,
visit healthdirect.gov.au