# Mental Health and Wellbeing Support Services available.

The following organisations provide support and education for people with mental illness and their families and carers throughout Australia. This information is also available in a poster: [24/7 Mental health helplines](https://www.healthdirect.gov.au/mental-health-services-infographic)

For people who need support with **depression, anxiety or suicidal thoughts**:

* [**Lifeline**](https://www.lifeline.org.au/) provides 24-hour crisis counselling, support groups and suicide prevention services. Call **13 11 14**, [text 0477 13 11 14](https://www.lifeline.org.au/crisis-text/) or [chat online.](https://www.lifeline.org.au/crisis-chat/)
* [**Suicide Call Back Service**](https://www.suicidecallbackservice.org.au/) provides 24/7 support if you or someone you know is feeling suicidal. Call **1300 659 467**.
* [**Beyond Blue**](https://www.beyondblue.org.au/) aims to increase awareness of depression and anxiety and reduce stigma. If you or a loved one need help, you can call **1300 22 4636**, 24 hours/7 days a week or [chat online](https://www.beyondblue.org.au/get-support).
* [**MindSpot**](https://www.mindspot.org.au/)is a free telephone and online service for people with anxiety, stress, low mood or depression. It provides online assessment and treatment for anxiety and depression. MindSpot is not an emergency or instant response service. Call **1800 61 44 34**.
* [**Head to Health**](https://www.headtohealth.gov.au/) gives advice and will connect you to local mental health services. Call **1800 595 212**.
* [**MensLine Australia**](https://mensline.org.au/) is a professional telephone and online counselling service offering support to Australian men. Call **1300 78 99 78**, 24 hours/7 or [chat online](https://mensline.org.au/phone-and-online-counselling/).

There are also helplines available for people with different backgrounds or needs.

**For young people** who need mental health support, and their parents or carers:

* [**Kids Helpline**](https://kidshelpline.com.au/) is Australia's only free 24/7 confidential and private counselling service specifically for children and young people aged 5 – 25. Call **1800 55 1800**.
* [**headspace**](https://headspace.org.au/) provides free online and telephone support and counselling to young people 12 – 25 and their families and friends. Call **1800 650 890**, or [chat online](https://headspace.org.au/online-and-phone-support/).

For people with **complex mental health issues:**

* [**SANE Australia**](https://www.sane.org/) provides support to anyone in Australia affected by complex mental health issues, as well as their friends, family members and health professionals. Call **1800 187 263** or [chat online](https://www.sane.org/get-support).
* [**Blue Knot Foundation Helpline**](https://blueknot.org.au/) is the National Centre of Excellence for Complex Trauma. It provides support, education and resources for the families and communities of adult survivors of childhood trauma and abuse. Call **1300 657 380**.

For **Aboriginal and Torres Strait Islander people**:

* [**13YARN**](https://www.13yarn.org.au/) provides 24/7 free and confidential crisis support. Call **13 92 76**.
* [**Thirrili**](https://thirrili.com.au/) provides support to Aboriginal and Torres Strait Islander peoples in the aftermath of suicide or other fatal critical incidents. Call **1800 805 801**, 24 hours/7 days a week.

For **LGBTIQ+ people**:

* [**QLife**](https://qlife.org.au/) provides nationwide telephone and web-based services for peer support and referral for people wanting to talk about a range of issues including sexuality, identity, gender, bodies, feelings or relationships. Call **1800 184 527**.

For **pregnant people and new parents**:

* [**PANDA (Perinatal Anxiety & Depression Australia)**](https://panda.org.au/) supports families across Australia affected by anxiety and depression during pregnancy and in the first year of parenthood. Call **1300 726 306**.

For **veterans and their loved ones**:

* [**Open Arms**](https://www.openarms.gov.au/) provides 24/7 free and confidential counselling to anyone who has served at least one day in the ADF, their partners and families. Call **1800 011 046**.

For people **needing support with eating disorders, and body image related issues**:

* [**Butterfly National Helpline**](https://butterfly.org.au/get-support/helpline/) is available for anyone in Australia concerned about eating disorders or body image issues, either for themselves or someone they care about. Call **1800 33 4673**.
* [Domestic Violence Line](http://www.whiteribbon.org.au/) – 1800 656 463
* [Suicide Call Back Service](http://www.suicidecallbackservice.org.au/) - 1300 659 467

If you're **feeling lonely:**

* [**FriendLine**](https://friendline.org.au/)supports anyone who's feeling lonely, needs to reconnect or just wants a chat. You can call them 7 days a week on **1800 424 287**, or chat online with one of their trained volunteers. All conversations with FriendLine are anonymous.

Specialist help for **older people** [Older people's mental health (OPMH) services - Mental health (nsw.gov.au)](https://www.health.nsw.gov.au/mentalhealth/Pages/services-opmh.aspx)