

**-- EMERGENCY AND COMMUNITY SUPPORT CONTACTS --**

<b>MENTAL HEALTH</b>	
<p><b>Beyondblue (24 hours) 1300 224 636</b> Access to information about services for depression and anxiety (not a counselling service).</p>	<p><b>Kids Helpline (24 hours) 1800 551 800</b> Specialised help for young people aged 5 to 25 years, provided by trained counsellors.</p>
<p><b>Lifeline (24 hours) 13 11 14</b> Counselling and referrals delivered by volunteers who are trained in responding to callers concerned about suicide.</p>	<p><b>Suicide Call Back Service (24 hours) 1300 659 467</b> Crisis and ongoing counselling for people at risk of suicide and people who are carers for someone who is suicidal or have been bereaved by suicide.</p>
<p><b>1300 MH CALL (24 hours) 1300 642 255</b> A confidential mental health telephone triage service that provides the first point of contact to public mental health services to Queenslanders.</p>	<p><b>Butterfly Foundation 1800 334 673</b> Telephone and online support for those living with eating disorders and body image issues, and for the families, friends and communities who support them.</p>
<p><b>GriefLine 1300 845 745</b> Free counselling support service for anyone experiencing grief, loss and the many related feelings that occur as a result.</p>	<p><b>Qlife (LGBTI) 1800 184 527</b> Australia-wide confidential telephone and web-chat support service, delivered by trained LGBTI community members across Australia.</p>
<p><b>Blue Knot Foundation 1800 421 468</b> Support for people affected by the Disability Royal Commission, or have experienced or witnessed abuse, neglect, violence and exploitation.</p>	<p><b>Salvo Care Line (24 hours) 07 3222 6678</b> Counselling, support, information, and referrals provided by trained counsellors.</p>
<p><b>MensLine Australia (24 hours) 1300 789 978</b> Counselling, support, information and referrals for men, provided by trained counsellors.</p>	<p><b>SANE Helpline 1800 187 263</b> Counselling, support, information and referrals, provided by mental health professionals.</p>
<p><b>Veterans and Families Counselling Service Australia (24 hours) 1800 011 046</b> Counselling for veterans and peacekeepers and their families, delivered by psychologists or social workers.</p>	<p><b>PANDA (Post &amp; Antenatal Depression Association Inc) 1300 726 306</b> Support and information to women and families affected by post and antenatal depression.</p>
<p><b>headspace Nundah 07 3370 3900</b> <b>headspace Inala 07 3727 5000</b> <b>headspace Caboolture 07 5428 1599</b> <b>headspace Meadowbrook 07 3804 4200</b> <b>headspace Ipswich 07 3280 7900</b> Free mental, physical and social health support for young people aged 12 to 25 years.</p>	<p><b>Mental Health Online</b> <a href="https://www.mentalhealthonline.org.au/">https://www.mentalhealthonline.org.au/</a> Free online programs to help those of all ages develop strategies and skills to manage their mental health, especially during difficult times.</p>



## PARENTING, FAMILIES AND RELATIONSHIPS

<p><b>Parentline 1300 301 300</b> Counselling, information and referral provided by trained counsellors.</p>	<p><b>Child Abuse Protection Services 1800 688 009</b> Information, referral and support for those affected by child abuse, concerned about the welfare of a child, or needing family or parenting support.</p>
<p><b>Family and Child Connect 13 32 64</b> Free support for parents to help them care for children, including referrals and case management.</p>	<p><b>Defence Family Helpline (24 hours) 1800 624 608</b> Support, information and connections to community from qualified human services professionals.</p>
<p><b>Relationships Australia 1300 364 277</b> Counselling, mediation, and family dispute resolution services.</p>	<p><b>Family Relationship Advice Line 1800 050 321</b> Information, advice, guidance and referrals for people and families affected by relationship issues.</p>
<p><b>DV Connect Womensline (24 hours) 1800 811 811</b> Counselling, interventions, referrals, transport and emergency accommodation for women and their children who are in danger from a violent partner or family member.</p>	<p><b>DV Connect Mensline 1800 600 636</b> Counselling, information and referrals men around issues of domestic and family violence, relationship problems, men's health, child support, family law issues and suicide and self-harm.</p>
<p><b>Men's Referral Service 1300 766 491</b> Anonymous and confidential telephone counselling, information and referrals to help men to stop using violent and controlling behaviour.</p>	<p><b>1800 RESPECT (24 hours) 1800 737 732</b> Counselling, advice and referrals for anyone affected by domestic and family violence.</p>
<p><b>1800 MYLINE (24 hours) 1800 695 463</b> A national relationships helpline for young Australians to talk to someone about relationship issues.</p>	<p><b>Brisbane Domestic Violence Service (24 hours) 07 3217 2544</b> Support, advice and counselling for women and children affected by domestic and family violence.</p>
<p><b>Pregnancy, Birth and Baby Helpline 1800 882 436</b> Phone helpline for guidance and support through pregnancy and parenthood.</p>	<p><b>SANDS (Miscarriage, Stillbirth and Newborn Death Support) 1300 072 637</b> A phone line which offers support for anyone affected by the death of a baby, delivered by trained and compassionate parent volunteers who have experienced the death of a baby themselves.</p>
<p><b>Red Nose (Grief and Loss Line) 1300 308 307</b> A bereavement phone line which supports people after the death of a child.</p>	<p><b>Wellways Helpline 1300 111 500</b> A helpline which provides information and support to the family and carers of someone experiencing mental health issues.</p>



### CARERS

<p><b>ARAFMI (24 hours) 07 3254 1881</b> Support for carers of people with a mental illness.</p>	<p><b>Carers Queensland 07 3900 8100</b> Information, support and counselling for carers.</p>
<p><b>Cancer Council 13 11 20</b> Telephone counselling and support service for cancer patients and their carers, families and friends.</p>	<p><b>Carer Gateway 1800 422 737</b> A helpline for carers to access support and advice.</p>
<p><b>Carer Advisory Service Australia 1800 242 636</b> A helpline which offers information, support and counselling to carers.</p>	<p><b>Commonwealth Respite and Care-link 1800 059 059</b> Helpline for emergency respite support, information and care.</p>
<p><b>National Dementia Helpline Australia 1800 100 500</b> A helpline which provides confidential information and support for carers and families of those with dementia.</p>	<p><b>The Dementia Behaviour Management Advisory Service 1800 699 799</b> Clinical telephone support to carers of a person with dementia who is exhibiting behavioural and psychological symptoms.</p>
<p><b>My Aged Care 1800 400 422</b> A helpline which provides information about and assistance with accessing aged care services for those who are caring for an elderly person.</p>	<p><b>The National Relay Service</b> Speak and Listen Number: <b>1300 555 727</b> Tele-typewriter Number: <b>133 677</b> SMS Relay Number: <b>0423 677 767</b></p>

### HOUSING

<p><b>Homeless Hotline 1800 474 753</b> Supported accommodation for up to six months for homeless families and single parents.</p>	<p><b>Emergency Housing 07 3917 4600</b> Support and emergency accommodation for people who are homeless or at risk.</p>
<p><b>ACRO 07 3262 6001</b> Case management and short-term accommodation for up to three months for families.</p>	<p><b>Home For Good Brisbane 07 3036 4444</b> A support team who help to find sustainable solutions for people who are homeless or for individuals and families who might become homeless without support.</p>
<p><b>Youth Housing Project 07 3256 0241</b> Supported accommodation for young people (16-21).</p>	<p><b>Australia Red Cross Society 1300 554 419</b> Provides crisis and emergency short-term accommodation.</p>

### SUPPORT SPECIFIC TO ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLE

<p><b>Mind Spot – 'Indigenous Wellbeing'</b> <a href="https://mindspot.org.au/indigenous-wellbeing">https://mindspot.org.au/indigenous-wellbeing</a> A course for Aboriginal and Torres Strait Islander adults to learn how to manage symptoms of anxiety and depression.</p>	<p><b>iBobbly (downloadable app)</b> A wellbeing and suicide prevention self-help app for young Aboriginal and Torres Strait Islander Australians.</p>
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### MONEY MANAGEMENT

**National Debt Hotline 1800 007 007**

Information, support and advocacy for people in financial difficulty, delivered by financial counsellors.

**Small Business Support Line 1800 413 828**

Information and support for small business owners across Queensland.

**Salvation Army Community Connect 1300 371 288**

A support, counselling and coaching line for those struggling with financial hardship.

**Better Place Australia - Financial First Aid Line 1800 639 523**

Online and telephone support for those needing urgent financial assistance.

### EMPLOYMENT

**Fair Work Ombudsman 13 13 94**

Information and advice relating to employment, including pay, bullying and workplace conditions.

**JobSeeker Hotline 13 62 68**

Information about eligibility for employment services.

**Newstart Hotline 132 850**

Information about eligibility for Newstart (unemployment) payments.

**Department of Employment, Small Business and Training 137 468**

Information and support about all employment related matters in Queensland.

### GENERAL HEALTH AND SUBSTANCE/ALCOHOL USE

**Quitline 137 848**

Confidential support, advice, referrals and resources designed to help people quit smoking.

**National Cannabis Information & Helpline 1800 304 050**

Confidential information, counselling and support for people who use cannabis, and their friends and family.

**Family Drug Helpline (24 hours) 1300 660 068**

Confidential support for family members of a person who is misusing drugs or alcohol.

**Alcohol and Drug Information Service (24 hours) 1800 177 833**

Confidential counselling, information and referrals for anyone with concerns about their use of alcohol or other drugs, or that of someone else.



## ONLINE RESOURCES

### Head to Health

<https://headtohealth.gov.au/>

The Australian Government's portal that brings together information, apps, online forums and phone services from Australia's most trusted mental health organisations. Whether you're searching for mental health information for yourself or someone else, or just wanting tips on how to maintain your self-care and wellbeing, Head to Health is a great place to start.

### MindSpot

<https://mindspot.org.au/>

The Australian Government's free online mental health clinic for Australian adults who are experiencing difficulties with anxiety, stress, depression and low mood. MindSpot provides assessment and treatment courses, or they can help you find local services that can help.

### Beyond Blue

<https://www.beyondblue.org.au/>

A place to explore the information, advice and strategies prepared to help people manage their mental health and wellbeing.

### Lifeline Webchat

<https://www.lifeline.org.au/crisis-chat/>

Confidential and one-to-one support with trained Online Crisis Supporters for people who are feeling overwhelmed and having difficulty coping or staying safe; using 'real-time chat' technology.

### Stand By

<https://standbysupport.com.au/>

Australia's leading suicide postvention program, dedicated to assisting people and communities bereaved or impacted by suicide.

### Black Dog Institute

<https://www.blackdoginstitute.org.au/resources-support/>

Mental health resources and support tools produced by experienced mental health professionals.

## SELF-GUIDED PROGRAMS

### This Way Up <https://thiswayup.org.au/>

A range of self-paced online CBT courses for stress, insomnia, anxiety and depression. Courses can be done as self-help or guided by your own clinician.

### Mental Health Online [www.mentalhealthonline.org.au](http://www.mentalhealthonline.org.au)

Free online programs for a range of issues, with self-guided or therapist supported options.

### My Compass <https://www.mycompass.org.au/>

A free, online interactive self-help CBT service for people with mild to moderate depression, anxiety and stress. It's also appropriate for people who simply want to build good mental health.

### MoodGYM <https://moodgym.com.au/>

A free, interactive program based on CBT and Interpersonal Therapy to help prevent and manage symptoms of depression and anxiety.

### e-Couch <https://ecouch.com.au/>

A free, self-help program with modules for depression, generalised anxiety and worry, social anxiety, relationship breakdown, and grief and loss.

### Centre for Clinical Interventions

<https://www.cci.health.wa.gov.au/>

Free downloadable self-help workbooks and modules for a range of mental health and wellbeing issues.



## APPS

<p><b>Mood Mission</b> A free app designed to help individuals overcome low moods and anxiety by discovering new coping strategies.</p>	<p><b>Snap Shot</b> A free app for Australian adults to check and monitor their mental health and wellbeing status.</p>
<p><b>Mind Gauge</b> A free app that allows users to easily and quickly track their mental health, mood and lifestyle.</p>	<p><b>Beyond Now</b> An app and online tool that helps users create a safety plan for when they are experiencing suicidal thoughts.</p>
<p><b>Reach Out Breathe App</b> A free app (IOS only) to help reduce the physical symptoms of anxiety by slowing down breathing and heart rate.</p>	<p><b>Smiling Mind</b> A free app and website that teaches mindfulness meditation to young people and adults.</p>
<p><b>Head Space Meditation App</b> A free app designed to teach young people and adults about the essentials and benefits of mediation and mindfulness. Head Space offers guided meditations, animations, articles, videos and much more.</p>	<p><b>What's Up</b> A free app that uses Cognitive Behavioural Therapy (CBT) and Acceptance Commitment Therapy (ACT) methods to help you cope with depression, anxiety, stress and more. Also has a positive and negative habit tracker to help maintain good habits, and break those that are counterproductive.</p>
<p><b>My 3</b> A free app designed to help those stay safe while having thoughts of suicide. My3 lets you customise your own personal safety plan by noting your warning signs, listing coping strategies and connecting you to helpful resources to reach out to when you need them most.</p>	<p><b>Quit That! – Habit Tracker</b> A free app that helps users beat their habits or addictions. It is helpful for those looking to stop drinking alcohol, quit smoking, or stop taking drugs – and is a great recovery tool to track and monitor your progress.</p>

