

Mental Health First Aid

Helpers in Your Community: Is the helper *able, available* and *acceptable*?

Type of Support Service	Organisations / Contact Details
Crisis Distress Centre	Open Arms 1800 011 046 Lifeline 13 11 14 Beyond Blue 1300 224 636
Suicide Prevention Centre	Suicide Callback Service 1300 659 467 NSW Poisons Information Centre 13 11 26
Teen Line	Kids Helpline 1800 55 1800 Headspace 1800 650 890 (12-25 yr olds)
Rape / Sexual Assault Center	1800RESPECT 1800 737 732 ReachOut Australia – Sexual assault support services
Domestic Violence Hotline	1800RESPECT 1800 737 732
Sexual Abuse Hotline	Sexual Misconduct Prevention and Response Office (SeMPRO) (within ADF) 1800 736 776
Child Abuse Hotline	Emergency 000 The Line 1800 695 463 Bravehearts 1800 272 831 Blue Knot 1300 657 380 Childhood Trauma
Police	Emergency 000; or Non-Emergency Police Link 131 444
Paramedic Emergency Medical Services Unit	000
Mental Health Crisis / Response	Lifeline 13 11 14 SANE 1800 187 263
Hospital Emergency Services	000
Emergency Shelters	Housing Support
Youth Shelter	Yfoundations 1800 152 152 The Salvation Army 13 72 58
Mental Health Outreach Clinic	Neami National – Find a Service
Children / Youth Psychiatric Clinic	Kids Helpline 1800 55 1800 or discuss with your GP
Private Practitioners	Healthdirect / GP Helpline 1800 022 222
Medical Clinic / General Practitioner	Healthdirect / GP Helpline 1800 022 222
STD Information and Testing Sites	ReachOut Australia – How to get a sexual health check
Children's Services Offices	Pregnancy Birth and Baby Helpline 1800 882 436 Relationships Australia 1300 364 277 Maple Leaf House
Student Services	Student Services Australia (02) 9698 4999
Child Care Referrals	Childcare Access Hotline 1800 670 305
Parent Training	Relationships Australia 1300 364 277 Be You – Growing a mentally healthy generation
Family Support Services	Relationships Australia 1300 364 277 Defence Family Helpline 1800 624 608
Self Help Groups	Gambling Help Online 1800 858 858
Substance Abuse Counselling	Alcohol and Drug Foundation 1300 858 584 Quitline 137 848
Alcoholics Anonymous	Alcoholics Anonymous 1300 222 222
Mental Health Services	Open Arms 1800 011 046 MensLine 1300 78 99 78 QLife (LGBTIQ+) 1800 184 527
Religious / Spiritual Support	Spiritual Care Australia ADF Duty Chaplain 1300 333 362
Legal Assistance / Victim-Witness Assistance	Crime Stoppers 1800 333 000 Legal Aid NSW , VIC , QLD , WA , SA , TAS , ACT , NT .
Community Corrections Officers	Federal offenders
Other	RSL 134 775 Legacy 1800 534 229 Overwatch Australia 1800 699 282 Defence Families of Australia 1800 100 509 Soldier On 1300 620 380 Partners of Veterans Association of Australia 1300 553 835 Mates4Mates 1300 462 837