

Mental Health Support

Remember that there is **always** support out there. Reach out to one of the many support avenues below if you need someone to talk to.

Often, the best place to start is talking to your General Practitioner. They can:

- diagnose mental health conditions such as anxiety and depression
- help you to explore different treatment options and prescribe medication if necessary
- refer you to another mental health professional such as a psychiatrist, counsellor or psychologist
- create a mental health treatment plan which allows you to get Medicare rebates for up to 10 sessions of therapy per year.

Immediate Support for Mental Health and Suicide		
<p>Police and Emergency Services 000 If you are concerned for your safety or the safety of others, seek immediate assistance.</p>	<p>1300 MH CALL 1300 642 255 Confidential telephone triage service that provides the first point of contact to public mental health services to Queenslanders.</p>	<p>Lifeline 13 11 14 Call 24/7 for crisis support and suicide prevention services. Text service also available (0477 13 11 14) www.lifeline.org.au</p>
<p>Suicide Call Back Service 1300 659 467 24/7 free counselling and support for people at risk of suicide, carers and bereaved.</p>	<p>Beyond Blue 1300 22 4636 Call 24/7 for advice, referral, and support from a trained mental health professional. www.beyondblue.org.au</p>	<p>MensLine Australia 1300 78 99 78 24/7 telephone and online support for men with emotional health and relationship concerns. www.mensline.org.au</p>
<p>1800RESPECT 1800 737 732 24/7 counselling information and referrals for sexual assault, domestic and family violence. www.1800respect.org.au</p>	<p>White Ribbon www.whiteribbon.org.au help for domestic violence, counselling, and relationship advice services across Australia.</p>	<p>Kids Helpline 1800 55 1800 24/7 private and confidential phone and online counselling service for young people aged 5 to 25 www.kidshelpline.com.au</p>

Other Support and Services		
<p>Gambling Help Online 1800 858 858 Free, confidential 24/7 telephone help service for anyone affected by gambling. www.gamblinghelponline.org.au</p>	<p>Blue Knot Foundation 1300 657 380 9am - 5pm, Mon-Sun AEST. Supporting adults affected by complex trauma and childhood trauma and those who support them. www.blueknot.org.au</p>	<p>Butterfly Foundation 1800 33 4673 8am - midnight, every day, support for eating disorders and body image issues over the phone, web chat or email. www.butterfly.org.au</p>
<p>Someone.Health https://someone.health Have a team of bulk-billing psychologists available for video and telephone counselling 7 days a week.</p>	<p>Griefline 1300 845 745 Midday - 3am, every day, telephone and online counselling service for people experiencing loss or grief. www.griefline.org.au</p>	<p>Headspace 1800 650 890 Support and information for young people 12-25 for mental health and what's going on in their life. www.headspace.org.au</p>
<p>Relationships Australia 1300 364 277 Relationship support services for individuals, families, and communities. www.relationships.org.au</p>	<p>QLife 1800 184 527 3pm - midnight, every day, phone and online anonymous and free LGBTI peer support and referral for people in Australia wanting to talk about sexuality, identity, gender, bodies, feelings or relationships. www.qlife.org.au</p>	<p>ReachOut www.au.reachout.com Help with tough times for 14- 25 year olds and their parents.</p>
<p>PANDA 1300 726 306 9am - 7:30pm weekdays AEST. Support for women, men and families affected by anxiety and depression during pregnancy and in the first year of parenthood. www.panda.org.au</p>	<p>SANE Australia 1800 187 263 Monday - Friday 10am-10pm, Mental illness advice, referral and support via phone, webchat or email. www.sane.org</p>	<p>StandBy – Support after Suicide www.standbysupport.com.au Postvention and support after suicide for individuals, families and communities.</p>
<p>Support After Suicide 03 9421 7640 Counselling, group support and an online community website for people bereaved by suicide</p>	<p>Men's Shed 1300 550 009 Men's Sheds provide a safe and busy environment to support men's bodies and minds. www.mensshed.org</p>	<p>Black Dog Institute www.blackdoginstitute.org.au Research, information, facts and online resources for mental health and illnesses.</p>
<p>Head to Health www.headtohealth.gov.au A directory of digital mental health resources.</p>	<p>MHIMA www.mhima.org.au Multicultural mental health Resources.</p>	<p>MindSpot www.mindspot.org.au Online assessment, treatment for stress, anxiety and more.</p>
<p>MyCompass www.mycompass.org.au Free online self-help program for people with mild to moderate depression, anxiety and stress.</p>	<p>Radiant www.myradiant.com.au Radiant is an online app that matches you to a professional based on your unique needs such as gender, culture and age.</p>	<p>Adis 24/7 Alcohol and Drug Support www.adis.health.qld.gov.au 24 hour, 7 day a week confidential counselling, information and referral service for people in Queensland with alcohol and other drug concerns.</p>