

Tailored support options

1800Respect | 1800 737 732 | 24/7 support for people impacted by sexual assault, domestic or family violence and abuse

Alcohol & Drug Counselling Online | 24/7 support for anyone affected by alcohol or drugs

Blue Knot Foundation | 1300 657 380 | support for people who experience abuse and trauma in childhood or complex trauma as an adult

Brother to Brother | 1800 435 799 | 24/7 crisis line for Aboriginal men

Butterfly Foundation | 1800 334 673 | support for an eating disorder

Carers Australia | 1800 422 737 | support to improve health, wellbeing, resilience and financial security of carers

headspace | support for 12 – 25 year olds

Kids Helpline | 1800 551 800 | 24/7 support for 5–25 year olds

MensLine | 1300 789 978 | 24/7 support for men with family & relationship concerns

Open Arms | 1800 011 046 | 24/7 support for veterans and families

PANDA | 1300 726 306 | support for people affected by anxiety and depression during pregnancy and in their first year of parenthood

QLife | 1800 184 527 | support for the LGBTI community

ReachOut | support for under 25 year olds

Relationships Australia | 1300 364 277 | support for all people to achieve positive and respectful relationships

SANE | 1800 187 263 | support for people affected by complex mental health (e.g. complex trauma, bipolar, psychosis, personality disorders)

The National Indigenous Postvention Service | 1800 805 801 | 24/7 after suicide support for Aboriginal and Torres Strait Islander individuals and families impacted by suicide

If your life is in immediate danger dial 000
Beyond Blue | 1300 224 636 Lifeline | 13 11 14
Suicide Call Back Service | 1300 659 467



**Black Dog
Institute**