

SUPPORT NETWORK TOOLBOX

IN AN
EMERGENCY
CALL

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EAP

Employee Assistance Programs

Counselling service provided by employers to support staff's emotional & psychological wellbeing both at home and at work. Contact your employer for details.



GP

Talk to your GP about any mental health concerns & ask for a Mental Health Care Plan & referral. Medicare rebates available for a range of treatments (via a Mental Health Care Plan).



LIFELINE

Crisis Support & Suicide Prevention: Counselling services for anyone, anytime. P: 13 11 14 W: lifeline.org.au



Suicide Call Back Service

Provides free, phone, video & online counselling for anyone affected by suicide. P: 1300 659 467 W: suicidecallbackservice.org.au



Beyond Blue

Provides information and support for people living with depression & mental illness. P: 1300 224 636 W: beyondblue.org.au



The Black Dog Institute

Dedicated to understanding, preventing and treating mental illness. P: (02) 9382 2991 W: blackdoginstitute.org.au



SANE Helpline

Information, advice & referral for mental illness. P: 1800 187 263 W: www.sane.org/helpline



Cyber Clinic

Providing you with availability and access to clinical support suited to your needs in the palm of your hand anywhere, anytime. Available on Apple App Store & Google Play W: www.cyberclinic.com.au



MensLine Australia

Telephone & online support, info & referral service to help men. P: 1300 789 978 W: mensline.org.au



Mindspot

An online & telephone clinic providing free assessment & treatment services for adults with anxiety or depression. P: 1800 614 434 W: www.mindspot.org.au



Relationships Australia

A provider of relationship support services for individuals, families and communities. P: 1300 364 277 W: relationships.org.au



ARAFMI

Provide support for family, friends & carers of people with mental illness. P: 1300 554 660 W: arafmi.com.au



Headspace & eHeadspace

Provides free online & telephone support & counselling to young people 12-25yrs, their families & friends. P: 1800 650 890 W: headspace.org.au



Kids Help Line

Provides free & confidential phone & online counselling specifically for people 5-24yrs. P: 1800 551 800 W: kidshelpline.com.au