

































MENTAL HEALTH RESOURCES AND SUPPORT SERVICES

PHONE AND ONLINE COUNSELLING SERVICES





<p>Triple Zero 000</p>  <p>For police, fire and ambulance in an emergency or go to your nearest local hospital emergency department.</p>	<p>Beyond Blue 1300 224 636</p>  <p>24-hours phone and web chat counselling for adults and young people.</p>
<p>Lifeline 13 11 14</p>  <p>A national charity providing 24-hours crisis support and suicide prevention services.</p>	<p>MensLine 1300 78 99 78</p>  <p>Advice, therapy and support for men with families and relationship concerns.</p>
<p>Suicide Call Back Service 1300 659 467</p>  <p>Nationwide service that provides professional 24-hours telephone and online counselling and suicide prevention service.</p>	<p>1800RESPECT 1800 737 732</p>  <p>A 24-hours support and counselling service for people impacted by sexual assault, domestic violence, and abuse.</p>
<p>Mental Health Access Line 1300 642 255</p>  <p>A 24-hours confidential mental health phone triage services that will link to the caller to the nearest Queensland Public Mental Health Service.</p>	<p>Q-Life 1800 184 527</p>  <p>24-hours phone and web chat counselling for adults and young people.</p>
<p>CYMHS Acute Team 07 3068 2555</p>  <p>A 24/7 support and phone triage service for guardians and young people aged 18 and under. CYMHS - Child and Youth Mental Health Service</p>	<p>Open Arms 1800 011 046</p>  <p>Phone and online counselling for veterans and their families.</p>
<p>Kids Helpline 1800 551 800</p>  <p>24 hour phone and web chat counselling for young people aged 5 to 25</p>	<p>FriendLine 1800 424 287</p>  <p>A national support line "ready for a cuppa and a conversation" with trained volunteers.</p>
<p>Parent Line 1300 301 300</p>  <p>Phone and web chat counselling for parents and carers. Opening hours: 8:00am to 10:00am.</p>	<p>Family Relationship Advice Line 1800 050 321</p>  <p>Provides information and advice on family relationship issues and parenting arrangements after separation.</p>

<p>Financial Counselling Australia</p>  <p>1800 007 007</p> <p>Free confidential financial counselling for people experiencing financial problems. It can help people to get out of the cycle of debt. Opening hours: 9:30am to 4:30pm Mon - Fri (closed public holidays).</p>	<p>SANE Information Line</p>  <p>1800 187 263</p> <p>Confidential support and assistance for individuals seeking information and resources related to mental health, wellbeing, and social services. It connects people with appropriate services to address a variety of personal and community issues.</p>
<p>Men's Referral Service</p>  <p>1300 766 491</p> <p>Confidential support and counselling to men who are experiencing relationship or family violence, offering a safe space to discuss their concerns.</p>	<p>National Debt Helpline</p>  <p>1800 007 007</p> <p>Free, confidential advice and support for individuals struggling with debt, helping them understand their options and find solutions to manage or reduce their financial burdens.</p>
<p>Elder Abuse Helpline</p>  <p>1800 353 374</p> <p>The Elder Abuse Helpline is a confidential service providing support, guidance and resources to individuals experiencing.</p>	<p>QLD Positive People (QPPP)</p>  <p>1800 636 241</p> <p>A statewide organisation dedicated to supporting individuals living with HIV and other STDs by offering advocacy, education and peer-based services.</p>
<p>GriefLine</p>  <p>1300 845 745</p> <p>A free, confidential helpline providing emotional support and professional counselling for individuals coping with grief and loss. It offers a space for people to talk through their feelings and connect with resources to aid their healing journey.</p>	<p>Women's Legal Service</p>  <p>1800 957 957</p> <p>A community-based organisation that provides free legal advice, support, and advocacy for women experiencing domestic violence, family law issues, and other legal challenges.</p>
<p>PANDA</p>  <p>1300 726 306</p> <p>PANDA (Perinatal Anxiety & Depression Australia) is national organisation providing support and resources to those affected by mental health challenges during pregnancy and early parenthood.</p>	<p>Gidget Foundation</p>  <p>1300 851 758</p> <p>A not-for-profit organisation focused on supporting the mental health and well-being of new and expectant parents.</p>
<p>Salvation Army (QLD Crisis Line)</p>  <p>07 3831 9016</p> <p>The Salvation Army Crisis Helpline offers 24/7 confidential support, providing immediate assistance for individuals experiencing personal or family crises, including homelessness, financial hardship, and mental health challenges.</p>	<p>Veteran's Line</p>  <p>1800 011 046</p> <p>A confidential helpline providing 24/7 support for veterans and their families, offering counselling and assistance with mental health, wellbeing, and transitioning to civilian life. It aims to connect individuals with resources to help them navigate challenges after military service.</p>





APPS






<p>DayBreak (Alcohol)</p>  <p>A website and free app which supports individuals to cut back or take a break from alcohol.</p>	<p>Smiling Mind</p>  <p>A website and free app teaching mindfulness meditation to young people and adults.</p>
<p>BeyondNow (Suicidal Thoughts)</p>  <p>A free app and online tool that helps users create a safety plan for when experiencing suicidal thoughts.</p>	<p>Niggle</p>  <p>A free app for youth designed as a self-help toolkit for all things related to mental, social and emotional wellbeing.</p>
<p>MoodMission</p>  <p>A free app designed to help individuals overcome low moods and anxiety by discovering new coping strategies.</p>	<p>Ready to COPE (Postnatal Mental Health)</p>  <p>A free pregnancy app to support emotional and mental wellbeing during pregnancy and the first year of parenting.</p>

MODERATED FORUMS





<p>SANE Forums</p>  <p>Moderated forums providing peer to peer support.</p>	<p>EHeadspace</p>  <p>Internet chat, email, and phone support for young people (12-25yrs) with a range of issues.</p>
<p>ReachOut</p>  <p>Practical tools, support and moderated forums to help youth get through everything from everyday issues to tough times.</p>	<p>Beyond Blue</p>  <p>Safe, supportive moderated online peer support forums for a range of mental health issues and demographics.</p>

ONLINE PROGRAMS

<p>MindSpot</p>  <p>Free clinician supported online programs for stress, worry, anxiety and depression, aged 18+</p>	<p>This Way Up</p>  <p>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. Courses are either free or low cost.</p>
<p>Mental Health Online</p>  <p>Free online programs for a range of issues, with self-guided or therapist support options.</p>	<p>The BRAVE Program</p>  <p>A free program for prevention, intervention and treatment of anxiety for young people.</p>

<p>BITE BACK</p>  <p>Free online activities, psychoeducation and positive psychology aiming to promote wellbeing and resilience in young people.</p>	<p>Centre for Clinical Intervention</p>  <p>Free downloadable self-help workbooks and modules for a range of mental health and wellbeing issues.</p>
<p>MoodGYM</p>  <p>A free, interactive program based on Cognitive-Behavioural Therapy (CBT) and Interpersonal Therapy (IPT) to help prevent and manage symptoms of depression and anxiety.</p>	<p>MyCompass</p>  <p>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.</p>
<p>e-Couch</p>  <p>A free, self-help program with modules for depression, generalised anxiety and worry, social anxiety, relationship breakdown, loss and grief.</p>	

ABORIGINAL AND TORRES STRAIT ISLANDERS

<p>13 YARN 13 92 76</p>  <p>A 24/7 confidential helpline providing culturally safe support for Aboriginal and Torres Strait Islander people experiencing emotional distress or crisis.</p>	<p>WellMob</p>  <p>Social, emotional, and cultural wellbeing online resources.</p>
<p>iBobbly</p>  <p>Wellbeing and suicide prevention self-help app for young Aboriginal and Torres Strait Islander.</p>	<p>Beyond Blue</p>  <p>Safe, supportive moderated online peer support forums for a range of mental health issues and demographics.</p>