

Mental Health Service

Quick Guide



General Public & Community Members

- Lifeline – 13 11 14: 24/7 crisis support and suicide prevention helpline
- Lifeline Support Services Toolkit: toolkit.lifeline.org.au/articles/support
- Lifeline Tools and Apps Toolkit: toolkit.lifeline.org.au/articles/resources
- Digital Mental Health Service Directory (eMHPac): emhprac.org.au/directory
- QLD Government Mental Health Services Directory: qld.gov.au/health/mental-health-and-wellbeing/how-to-get-help
- QLD Government Mental Wellbeing Find Help: mentalwellbeing.initiatives.qld.gov.au/support
- QLD Mental Health Commission – Services Directory: qmhc.qld.gov.au/find-support-services
- QLD Mental Health Commission – Crisis Contact Directory: qmhc.qld.gov.au/emergency-contacts
- SANE Helpline – 1800 187 263
- Beyond Blue – 1300 224 636
- MiNetworks – 1800 985 944
- Medicare Mental Health Phone Service – 1800 595 212
- 13 MHCALL – 1300 64 22 55

Health Professionals & Support Workers

- ADF Drug Facts: adf.org.au/drug-facts
- ADF Resources: adf.org.au/resources
- Queensland ADIS: adis.health.qld.gov.au
- NSW State Library Drug Info – A to Z of Drugs: druginfo.sl.nsw.gov.au/drugs/a-to-z-of-drugs
- NSW State Library Quick Guide to Drugs & Alcohol: sl.nsw.gov.au/quick-guide-drugs-alcohol

Youth & Young Adults

- Headspace: headspace.org.au
- Kids Helpline – 1800 551 800

Aboriginal & Torres Strait Islander Communities

- 13YARN – 13 92 76: 13yarn.org.au

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Carers & Families

- ARAFMI – 1800 351 881
- Carer Gateway – 1800 422 737

Veterans & Peacekeepers

- Open Arms – 1800 011 046

Diverse Communities

- Diverse Voices – 1800 184 527 (3pm–midnight)
- Harmony Place – (07) 3848 1600
- Multicultural Connect Line – 1300 079 020

Elders

- National Elder Abuse Helpline – 1800 353 374

Gambling Support

- Gamble Aware – 1800 858 858

Men's Support

- Men's Line – 1300 789 978

Domestic & Sexual Violence

- 1800 RESPECT – 1800 737 732
- DV Connect – 1800 811 811
- DV Assist – 1800 080 083

Parenting & Perinatal Support

- Parentline – 1300 301 300
- PANDA – 1300 726 306 (Mon–Fri, 9am–7:30pm AEST)
- Gidget Foundation: gidgetfoundation.org.au
- Gidget Foundation (Phone) – 1300 851 758
- SMS4Dads: sms4dads.com.au

Mindshift 4 Life

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