

THE MENTAL HEALTH SUPPORT SERVICES

Below is a list of various community mental health support services.

IF IT IS AN EMERGENCY, OR YOU REQUIRE IMMEDIATE ASSISTANCE

Police/Ambulance/Fire : Call **000**

IF YOU NEED TO SPEAK TO SOMEONE URGENTLY

Lifeline (24/7 Crisis Support):

Call: 13 11 14 (crisis support and suicide prevention)

Text: 0477131114

Suicide Call Back Service:

Call: 1300 659 467

Beyond Blue:

Call: 1300 225 636

Kids Helpline (Age 5-25 years old and Parents and carers of kids):

Call: 1800 551 800

MensLine:

Call: 1300 78 99 78

IF IT IS NOT AN EMERGENCY, SEE THE BELOW SUPPORT SERVICES

Mental Health Care Plan:

Your GP can provide you with assistance and with you formulate a personalised Mental Health Care plan.

Contact your GP for more information

<https://www.healthdirect.gov.au/mental-health-care-plan>

Support services near you:

To find a counsellor near you through your nearest Headspace centre head to:

<https://headspace.org.au/headspace-centres/>