

Australian Mental Health Resources

1. Mental Health Australia: www.mhaustralia.org

The website is comprehensive and has a list of current available help options for various age groups, genders and situations. Several of these are also listed below.

2. Australian government Head to Health www.headtohealth.gov.au

Resources, service providers and supporting self and others, also has a “I need help now” button to direct to immediate help in an emergency or crisis. There is also a tab just for health care providers including resources on communication and supporting patients.

3. Australian government: Mental Health Commission
www.mentalhealthcommission.gov.au

Particular information on mental health and suicide prevention as well as links to many organisations of help, disaster support and financial support services. Has a “Need help” button for crisis support services.

Some quick links that may be useful:

Beyond Blue: Depression and anxiety help, available 24/7. They also have an interpreter service and cater to the deaf. Phone 1300 224 636
www.beyondblue.org.au

BlackDog Institute: Many resources and support groups online and includes a free online assessment tool. Support for carers and health professionals. **Resources for health professionals training workshops, insights and a psychological toolkit for clinical work.**
www.blackdoginstitute.org.au

Carers Connection line: Short term counselling and support for carer: Mental Health Carers NSW Phone: 1300 554 660

Kids Helpline 24/7 for those under 25. Phone 1800 551 800

Lifeline: 24 hour crisis telephone support. Phone: 131 114

MensLine Australia 24/7 support. Phone: 1300 789 978

MindSpot is a free phone and online service for people with stress and worry, low mood, depression with an online assessment tool. 1800 614 434

SANE Australia provides support, training and education for those with mental illness. 1800 187 263 10am-10p Monday-Friday

Suicide call back service: 1300 659 467