

EXTERNAL SUPPORT RESOURCES

1800Respect

National sexual assault, domestic family violence counselling service.

www.1800respect.org.au

APS Find a Psychologist

Search for qualified and trusted psychologists for services in a range of areas.

www.psychology.org.au/Find-a-Psychologist

Beyond Blue

Provider of information and resources around mental illness, awareness & stigma breaking.

www.beyondblue.org.au

Beyond Blue: Find a Professional

Directory of different health professionals who offer different services and treatments for depression and anxiety.

www.beyondblue.org.au/get-support/find-a-professional

Black Dog Institute

Translational research institute aiming to reduce mental illness and stigma around it. Helping people live mentally healthy lives.

www.blackdoginstitute.org.au

Head to Health

Mental health resources for mental illnesses and treatment options.

www.headtohealth.gov.au

Health Direct

Government funded services providing health information, advice and directory of health services.

www.healthdirect.gov.au

Lifeline 13 11 14

Access to 24 hour crisis support and suicide prevention services.

www.lifeline.org.au

Mensline Australia 1300 78 99 78

National 24-hour telephone support, information and referral service for men with family and relationship concerns.

www.mensline.org.au

Mental Health Australia

Australia's peak, national, non-government organisation promoting mentally healthy communities through education, research, consultation and mental health reform.

www.mhaustralia.org/about-us

MindSpot Clinic

National free online and telephone assessment and treatment services for anxiety and depression.

www.mindspot.org.au

Q-Life

National counselling and referral service for LGBTI people.

[www.qlife.org.au](http://www qlife.org.au)

Relationships Australia

Relationship support services for individuals, families and communities.

www.relationships.org.au

SANE Australia 1800 187 263

A national charity that aims to assist in providing better lives for people with mental illness via campaigning, educating and researching throughout Australia.

www.sane.org

Suicide Call Back Service 1300 659 467

Provides 24/7 telephone, video and online professional counselling to people who are affected by suicide.

www.suicidecallbackservice.org.au

