

# EXTERNAL SUPPORT RESOURCES

## 1800Respect

National sexual assault, domestic family violence counselling service.

[www.1800respect.org.au](http://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](http://www.psychology.org.au/Find-a-Psychologist)

## Beyond Blue

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

[www.beyondblue.org.au](http://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](http://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](http://www.blackdoginstitute.org.au)

## Head to Health

Mental health resources for mental illnesses and treatment options.

[www.headtohealth.gov.au](http://www.headtohealth.gov.au)

## Health Direct

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

[www.healthdirect.gov.au](http://www.healthdirect.gov.au)

## Lifeline 13 11 14

Access to 24 hour crisis support and suicide prevention services.

[www.lifeline.org.au](http://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](http://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](http://www.mhaustralia.org/about-us)

## MindSpot Clinic

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

[www.mindspot.org.au](http://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](http://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](http://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](http://www.suicidecallbackservice.org.au)

