

NATIONAL SUPPORT SERVICES

If you or someone you know is at imminent risk, call Emergency Services on 000.

If you or someone you know is in crisis, and you are unsure which service to contact, call Kids Help Line on 1800 55 1800 or Lifeline on 13 11 14. Both are available from anywhere in Australia 24 hours a day (toll free) and provide generalist crisis counselling, information and referral services.

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| <p>1800 Respect 1800 737 732</p> | <p>24/7 telephone and online crisis support, information and immediate referral to specialist counselling for anyone in Australia who has experienced or been impacted by sexual assault, or domestic or family violence.</p> |
| <p>1800 THE LINE 1800 695 463</p> | <p>A national relationships helpline for Children to talk to someone about the relationship issues they may be experiencing, or if they are unclear about where to draw the line between what is, or is not, a respectful relationship.</p> |
| <p>Beyond Blue 1300 22 4636</p> | <p>24/7 telephone support and online forums, providing support services, programs, research, advocacy and communication activities, for people affected by anxiety, depression and suicide</p> |
| <p>BITE BACK (02) 9382 4530</p> | <p>BITE BACK is Black Dog Institute's free, self-guided, online wellbeing and resilience program for young people aged between 12 and 18.</p> <p>Business Hours: MON-FRI 9am-5pm</p> |
| <p>Blue Knot Foundation 1300 657 380</p> | <p>Staffed by trained trauma-informed counsellors, this support line offers information, support and referral to adult survivors of childhood trauma and abuse, and partners, family and friends of survivors.</p> |
| <p>BRAVE</p> | <p>BRAVE is an online program based on cognitive behavioural therapy for the treatment of childhood and adolescent anxiety. The online program helps young people to learn new ways to manage their anxiety and fears.</p> |
| <p>Bravehearts 1800 272 831</p> | <p>Open to anyone wanting information, advice, referrals and support regarding child sexual assault.</p> |
| <p>The Butterfly Foundation 1800 33 4673</p> | <p>8am-midnight (AEST)</p> <p>Phone, webchat and email support for those experiencing an eating disorder, friends, family, carers and professionals.</p> |
| <p>Child Wise National Child Abuse Prevention Helpline 1800 99 10 99</p> | <p>Confidential support services for individuals who have experienced abuse in an institutional setting and/or need support and counselling after giving evidence to the Royal Commission into Institutional Responses to Child Sexual Abuse, or for professionals supporting these individuals. This helpline can provide information, short-term counselling, and referrals.</p> |
| <p>Children and Young People with Disability Australia 1800 222 660</p> | <p>National peak body for Children with disability. Provides information and systemic representation</p> |
| <p>Counselling Online</p> | <p>A free online and SMS/text-based service providing assistance to Australian residents concerned about alcohol and other drugs</p> |
| <p>Headspace</p> | <p>A free and confidential telephone and online service for people aged 12-25. Qualified youth mental health professionals provide support to young</p> |

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| 1800 650 890 | people worried about their mental health or experiencing issues such as depression, bullying and isolation. Support is also available to concerned parents or carers. |
| Healing Foundation | Service to help build the capacity of Indigenous organisations and support the development of the Link Up network |
| Kids Helpline 1800 55 1800 | Kids Helpline is Australia's only free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25. |
| Lifeline 13 11 14 | A generalist and crisis telephone counselling, information and referral service, provided by trained volunteers who are supported by professional staff. |
| MindSpot 1800 61 44 34 | A free service for Australian adults who are experiencing difficulties with anxiety, stress, depression and low mood. The service is open Monday to Friday between 8am and 8pm and on Saturday between 8am and 6pm. |
| People with Disability Australia 1800 422 015 / TTY: 1800 422 016 | National telephone line to provide information and referrals to people with disabilities |
| QLife 1800 184 527 | Provides early intervention, peer supported telephone counselling and referral services for people who identify as gender diverse, lesbian, gay, bisexual, trans, and/or Intersex (LGBTI). |
| SANE Australia 1800 18 7263 | Information about mental illness, treatments, where to go for support and help carers |
| Sexual Assault Counselling Australia 1800 211 028 | National telephone counselling service for people who have experienced abuse. Face-to-face counselling is available in New South Wales. |
| Suicide Call Back Service 1300 659 467 | A national service that provides free telephone, video, and online counselling to people over the age of 15 who have been affected by suicide. The service is available, 24 hours a day, seven days a week. |