

Support Services Referral List

Service	Contact Information
Urgent Medical or Psychological Assistance	Contact your local doctor, emergency department, specialist mental health service provider, or other health professional
National Crisis Support Services	
Lifeline	13 11 14
Beyond Blue	1300 224 636
1800 RESPECT (sexual assault, family and domestic violence)	1800 737 732
13 YARN (Aboriginal and Torres Strait Islander crisis support)	13 9276
Blue Knot Foundation (adult survivors of childhood trauma)	1300 657 380
Mental Health Online	www.mentalhealthonline.org
Kids Helpline	1800 55 1800
Headspace (12–25-year-olds, family and friends)	1800 650 890
ReachOut	www.reachout.com
SANE Australia	1800 187 263
GROW (mental wellbeing programs)	1800 558 268
Suicide Call Back Service	1300 659 467
MensLine Australia	1300 789 978
QLife (LGBTIQ+ support)	1800 184 527
Embrace Multicultural Mental Health (CALD)	www.mhima.org.au , (02) 6285 3100
Carer Gateway	1800 422 737
Men's Referral Service on	1300 766 491
Full Stop Australia on	1800 385 578
National Financial and Family Support Services	
Centrelink (Family Assistance Office)	13 61 50
Child Support Agency (child support)	13 12 72
National Debt Helpline	1800 007 007
Family Relationship Advice Line (advice and referral)	1800 050 321
Relationships Australia	1300 364 277
Dads in Distress/ Mums in Distress	1300 853 437
Aboriginal and Torres Strait Islander Support Services	
13 YARN (Aboriginal and Torres Strait Islander crisis support)	13 9276
National Indigenous Critical Response Service (NICRS) & StandBy – Support After Suicide Service	1800 805 801 or 0499 333 132
NSW Aboriginal Counselling Services	0410 539 905
VIC VAHS Family Counselling Service	(03) 9403 3399

QLD Gallang Place Counselling Services	(07) 3844 2283
SA Nunkuwarrin Yunti Counselling Services	(08) 8392 3500
WA Moorditj Yarning (Relationships WA)	1300 364 277
TAS Aboriginal Health Service	(03) 6234 0777
NT Headspace Darwin (for young people, not specifically Aboriginal and Torres Strait Islander)	(08) 8931 5999
Canberra (ACT) Crisis Services	
Domestic Violence Crisis Service ACT	02 6280 0900
Parentline ACT	02-6287 3833
New South Wales Crisis Services	
Domestic Violence Hotline	1800 656 463
WayAhead Mental Health Information Service	1300 794 991
WayAhead Anxiety Disorders Information Service	1300 794 992
Parent Line NSW	1300 1300 52
Northern Territory Crisis Service	
NT Mental Health Line	1800 682 288
Parentline Queensland and Northern Territory	1300 301 300
Queensland Crisis Services	
DVConnect Womansline	1800 811 811
DVConnect Mensline	1800 600 636
Sexual Assault Helpline	1800 010 120
Immigrant Women's Support Service – Domestic Violence	07 3846 3490
Immigrant Women's Support Service – Sexual Assault	07 3846 5400
Parentline Queensland and Northern Territory	1300 301 300
South Australia Crisis Services	
Domestic Violence and Aboriginal Family Violence Gateway Helpline	1800 800 098
Parent Helpline South Australia	1300 364 100
Tasmania Crisis Services	
Family Violence Counselling and Support	1800 608 122
Mental Health Services	1800 332 388
Parent Helpline	1300 808 178
Victoria Crisis Services	
Safe steps (formerly the Women's Domestic Violence Crisis Service)	1800 015 188
Sexual Assault Crisis Line	1800 806 292
Parentline Victoria	13 22 89
Domestic Violence Helpline (Women)	1800 007 339
Domestic Violence Helpline (Men)	1800 000 599
Sexual Assault Resource Centre	1800 199 888

Crisis Care (Crisis support for all issues including violence, child protection and suicide)	1800 199 008
The Samaritans Crisis Line	08 9381 5555 or 1800 198 313
Mental Health Emergency Response Line (Metro)	1300 555 788
Mental Health Emergency Response Line (RuralLink)	1800 552 002
Ngala Parenting Line	08 9368 9368