

ADDITIONAL SUPPORT & SERVICES

The Black Dog Institute is a world leader in the diagnosis, treatment and prevention of mood disorders such as depression and bipolar disorder. [Read More>>](#)

Carer Gateway. Are you one of the 2.5 million Australians who care for a loved one, friend or neighbour? Find out information about the support services available to you, on the Carer Gateway. [Read More>>](#)

Headspace is the National Youth Mental Health Foundation. We help young people who are going through a tough time. [Read More>>](#)

MI Networks. Offering access to relevant, up-to-date information, peer support and connections to local community networks, Mi Networks members provide a personalised response to the needs of individuals living with mental illness, their carers, friends and family members. Phone: 1800 985 944 [Read More>>](#)

PANDA's National Perinatal Depression Helpline, funded by the Australian and Victorian Governments, provides vital support, information, referral and counselling to thousands of Australian parents and their families. Callers do not need to have a diagnosis of antenatal or postnatal depression to make contact with the Helpline, PANDA is keen to support any new parent struggling during pregnancy or after the birth of their baby, as well as their partner, family and friends. Phone: 1300 726 306 from Mon – Fri, 9am – 7.30pm (AEST/AEDT). [Read More>>](#)

Parent Line is a telephone service for parents and carers of children 0-18 in New South Wales. Phone: 1300 1300 52 [Read More>>](#)

ReachOut.com is Australia's leading online youth mental health service. ReachOut.com is an initiative of the Inspire Foundation, an Australian non-profit with a mission to help young people lead happier lives. [Read More>>](#)

Relationships Australia is a leading provider of relationship support services for individuals, families and communities. Phone: 1300 364 277 [Read More>>](#)

SANE Australia is a national charity helping all Australians affected by mental illness lead a better life – through campaigning, education and research. SANE conducts innovative programs and campaigns to improve the lives of people living with mental illness, their family and friends. It also operates a busy Helpline and website, which have thousands of contacts each year from around Australia. Phone: 1800 187 263 [Read More>>](#)

The Butterfly Foundation provides support for Australians who suffer from eating disorders and negative body image issues and their carers. 8am - midnight every day Phone: 1800 33 4673 [Read More>>](#)

Open Arms – Veterans & Families Counselling (formerly VVCS) Is Australia's leading provider of high quality mental health assessment and clinical counselling services for Australian veterans and their families. We are focused on meeting client needs through a combination of proven clinical practices and new and emerging evidence-based approaches. Providers counselling and group programs to Australian veterans and peacekeepers and their families. Phone: 1800 011 046 [Read More>>](#)

Blue Knot Foundation 9am - 5pm, Mon-Sun AEST, Supporting adults affected by complex trauma and childhood trauma and those who support them Phone: 1300 657 380 [Read More>>](#)

Griefline Midday - 3am, every day telephone and online counselling service for people experiencing loss or grief Phone: 1300 845 745 [Read More>>](#)

QLife 3pm - midnight, every day phone and online anonymous and free LGBTI peer support and referral for people in Australia wanting to talk about sexuality, identity, gender, bodies, feelings or relationship Phone: 1800 184 527 [Read More>>](#)

StandBy - Support after Suicide. Postvention and support after suicide for individuals, families and communities [Read More>>](#)

Support After Suicide. Counselling, group support and an online community website for people bereaved by suicide Phone: (03) 9421 7640 [Read More>>](#)