



## **ADDITIONAL RESOURCES**

Remember if you are assisting someone at immediate risk of harm to yourself or others, please contact emergency services on 000 or 112 on mobile if 000 is not available.

### **MENTAL HEALTH CRISIS NUMBERS (24/7)**

ACT: Mental Health Triage Services 1800 629 354 or 02 6205 1065

NSW: Ring nearest hospital or the Mental Health Line on 1800 011 511

NT: Northern Territory Mental Health Line 1800 682 288

QLD: MH CALL Triage Service, 1300 642 255

SA: Mental Health Triage Service 13 14 65

TAS: 1800 332 388 or nearest hospital

VIC: Suicide Helpline 1300 651 251 or ring nearest hospital for closest crisis team

WA: Mental Health Emergency Response Line

Perth Metro Residents: 1300 555 788

Peel Residents: 1800 676 822

Rural-link: 1800 552 002

### **COVID-19 RESOURCES**

*National Coronavirus Helpline*

1800 020 080

24/7 help line for information on coronavirus

If you require translating or interpreting services, call 131 450.

Australian Government's WhatsApp Channel for COVID-19 support:

[aus.gov.au/whatsapp](https://www.aus.gov.au/whatsapp)

*Head to Health*

[headtohealth.gov.au/covid-19-support/covid-19](https://headtohealth.gov.au/covid-19-support/covid-19)

This website is managed by the Australian Department of Health and provides trusted information for digital supports including how to access mental health services during this pandemic.

*Life in Mind*

[lifeinmindaustralia.com.au/support-for-those-impacted-by-adverse-events/mental-health-support-for-covid-19](https://lifeinmindaustralia.com.au/support-for-those-impacted-by-adverse-events/mental-health-support-for-covid-19)

This website has worked with mental health services in collaboration with the National Mental health Commission to provide a comprehensive list of resources to help those affected.



## **HEALTH SERVICES**

*Primary Health Network*

[www1.health.gov.au/internet/main/publishing.nsf/Content/PHN-Locator](http://www1.health.gov.au/internet/main/publishing.nsf/Content/PHN-Locator)

Information on how to locate your closest primary health service in your region

*Medicare Services*

[servicesaustralia.gov.au/individuals/medicare](http://servicesaustralia.gov.au/individuals/medicare)

This website from the Australian Government provides information on how to search Medicare for access to health services.

*Defence Community Organisation – Defence Family Helpline*

[defence.gov.au/DCO/Defence-Helpline.asp](http://defence.gov.au/DCO/Defence-Helpline.asp)

1800 62 80 36

Support for defence force personnel, present and past, and their families, 24/7.

## **FOOD RELIEF**

*Department of Social Services*

[dss.gov.au/communities-and-vulnerable-people/programmes-services/financial-wellbeing-and-capability-overview-of-changes/food-relief](http://dss.gov.au/communities-and-vulnerable-people/programmes-services/financial-wellbeing-and-capability-overview-of-changes/food-relief)

This website by the Australian government department of social services provides information on food relief services throughout the pandemic

*Salvation Army*

[salvationarmy.org.au](http://salvationarmy.org.au)

*Red Cross*

[redcross.org.au](http://redcross.org.au)

*Centrelink Services*

[servicesaustralia.gov.au/individuals/centrelink](http://servicesaustralia.gov.au/individuals/centrelink)

Centrelink social security payments and services to Australians.

## **OTHER SERVICES AND RESOURCES**

*#Chatsafe: A guide for communicating safely online about suicide from Orygen*

[orygen.org.au/Training/Resources/Self-harm-and-suicide-prevention/Guidelines/chatsafe-A-young-person-s-guide-for-communicatin](http://orygen.org.au/Training/Resources/Self-harm-and-suicide-prevention/Guidelines/chatsafe-A-young-person-s-guide-for-communicatin)

*Assistance for those with Hearing Impairment*

National Relay Service: 1300 13 55 13

The National Relay Service (NRS) assists Australians who are deaf, hard of hearing or have speech impairment to communicate with helplines.

*1800-RESPECT*

[1800respect.org.au](http://1800respect.org.au)

1800 737 732

Confidential information, counselling and support service for people affected by sexual assault and domestic and family violence.



*Gamblers Help*

[gamblinghelponline.org.au](http://gamblinghelponline.org.au)

1800 858 858

Support for people who are struggling with gambling. 24/7, free, confidential.

*Financial Counsellors Australia*

[financialcounsellingaustralia.org.au](http://financialcounsellingaustralia.org.au)

Help for people in financial hardship. A financial counsellor can help to liaise with banks and other financial institutions. They are not able to provide mental health counselling.