



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

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

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

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

Medicare Services

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

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

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

Salvation Army

salvationarmy.org.au

Red Cross

redcross.org.au

Centrelink Services

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

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

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

1800 858 858

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

Financial Counsellors Australia

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.