




Helpful mental health resources

If you have been impacted by a disaster there are several Australian organisations that provide helpful resources and additional support.

Beyond Blue

Beyond blue works to address issues associated with depression, suicide, anxiety and other related mental health disorders. Call 1300 224 636. 

Headspace

Headspace provides tailored and holistic mental health support, that promotes wellbeing to children and young people 12 – 25 years old.

Open Arms

Visit Open Arms website for mental health and wellbeing support for current and ex-serving Australian Defence Force personnel. This service is open to partners and family members of ex-military personnel.

Mindspot

Mindspot provides online assessment and treatment for anxiety and depression. Free, confidential, and flexible to your availability.

Lifeline

Lifeline provides all Australians experiencing a personal crisis with access to 24hr crisis support and suicide prevention services. For immediate assistance call 13 11 14.

Red Cross

Red Cross has a range of useful emergency management resources that can help families and communities.

Birdie's Tree

Natural disasters can be frightening and upsetting for babies and young children. Playing a game or reading a story can help young children work through the 'big feelings'. Suitable for parents, caregivers and care providers. Visit the website for resources.

Better Health Channel

Provides health and medical information to improve the health and wellbeing of people and the communities they live in.

Head to health

A good first starting point to find what you need. Head to health website provide links to trusted Australian online and phone supports, resources, and treatment options.

Trauma and Grief Network

Connects families, carers, and members of the community to resources focused on the care of children and adolescents affected by the impact of trauma, loss and grief.

Kids Helpline

Australia's only free, private, and confidential 24/7 phone and online counselling service for young people aged 5 to 25 years. Call 1800 551 800.

Australian Psychological Society

Search for psychologists who are in private practice. The website search function allows you to locate a psychologist by issue and location nearest to you.

