

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.



QLife

QLife provides anonymous and free LGBTIQ+ peer support and referral for people in Australia wanting to talk about sexuality, identity, gender, bodies, feelings or relationships. Call 1800 184 527.

1800 Respect

Visit the website or call 1800 737 732 to access the National Sexual Assault, Domestic Family Violence Counselling Service.

Reach Out

ReachOut.com is an internet service and is Australia's leading mental health organisation for young people and their parents. ReachOut.com provides information, support and resources.

Carer Gateway

A national online and phone service that provides practical information and resources to support carers. An interactive service finder helps carers connect to local support services. 1800 422 737.

Butterfly Foundation

The Butterfly Foundation represents all people affected by eating disorders and negative body image. Phone and webchat options available. Call 1800 33 4673

This Way UP

THIS WAY UP ™ provides online learning programs, education and research in anxiety, depressive disorders and physical health. Self-paced or with support from your GP or health professional.

PANDA

Perinatal Anxiety and Depression Australia. Specialist organisation that supports expecting and new mums and dads and their families. Call 1300 726 306. Visit the website for support and information.

Embrace

Multicultural Mental Health. Mental health and illness is complex and diverse. It is even harder to understand when it's not explained in your own language. These resources have been translated in a range of languages and provided free.

Disaster Mental Health Hub - Phoenix Australia *

The national centre of excellent in posttraumatic mental health. Resources and training for professionals who support individual and communities experiencing the mental health impacts of disasters

Emerging Minds *

Emerging Minds develops programs and resources in response to the needs of children and their families.

*	Resources for GPs and health practitioners	2	Webchat available
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