

# Supporting Mental Health & Wellbeing in a Changing World

Access the following services in an emergency or if you need to report an incident.

## In An Emergency

**Phone:** 000

**About:** Is someone seriously injured or in need of urgent medical help? Is your life or property being threatened? Have you just witnessed a serious accident or crime?

**Link:** [Australian Government Triple zero \(000\)](#)

## Department of Communities and Justice



**Phone:** 13 21 11

**About:** Reporting a child at risk. Provides information on child abuse and neglect

**Link:** [NSW Communities & Justice Need help now?](#)

## Do you or your child need support with mental health?

You may find the following resources helpful.

### Kids Help Line



**Phone:** 1800 55 1800

**Age Group:** 5 to 25 years

**About:** A private and confidential 24/7 phone and online counselling service.

**Link:** [kidshelpline WebChat Counselling](#)

**Chat Online:** 24/7

## Youth Beyond Blue



**Phone:** 1300 22 4636

**Age Group:** All ages

**About:** 24/7 information and support to help everyone in Australia achieve their best possible mental health, wherever they live.

**Link:** [Welcome to Youth BeyondBlue](#)

**Chat Online:** 3PM - Midnight

## 1800RESPECT

**1800RESPECT**

**Phone:** 1800 737 732

**Age Group:** All ages

**Interpreter:** 13 14 50

**About:** A confidential information, counselling and support service for people impacted by sexual assault, domestic or family violence and abuse.

**Link:** [1800RESPECT Online Chat](#)

**Chat Online:** 24/7

## headspace



**Phone:** N/A

**Age Group:** 12 to 25 years

**About:** A 24/7 online and telephone support and counselling service for young people, their families and friends.

**Link:** [Welcome to eheadspace](#)

**Chat Online:** Group chat 24/7, 1-on-1 chat 9AM - 1AM 7 days.

## Life Line



**Phone:** 13 11 14

**Age Group:** All ages

**Text:** 0477 131114

**About:** A 24/7 crisis support and suicide prevention service.

**Link:** [Lifeline Crisis support chat](#)

**Chat Online:** 7PM - Midnight

**Text:** 6PM - Midnight



## QLife

**Phone:** 1800 184 527

**Age Group:** All ages

**About:** An anonymous and free LGBTI peer support and referral service for people wanting to talk about sexuality, identity, gender, bodies, feelings or relationships.

**Link:** [Qlife Webchat](#)

**Chat Online:** 3PM - Midnight

**Phone:** 3PM - Midnight



## Sane

**Phone:** 1800 187 263

**Age Group:** All ages

**About:** Supporting people living with complex mental health issues and the people that care about them.

**Link:** [Sane Australia Phone, Online Counselling & Peer Support](#)

**Chat Online:** 10AM to 10PM

**Phone:** 10AM to 10PM

## Suicide Call Back Service



**Phone:** 1300 659 467

**Age Group:** All ages

**About:** A 24/7 nationwide online counselling to people who are affected by suicide, experiencing thoughts of self-harm or suicide.

**Link:** [Suicide Call Back Service Online Counselling](#)

**Chat Online & Video:** 24/7



## Carers NSW

**Phone:** 1800 242 636

**Age Group:** All ages

**About:** Carers Line offers emotional support, referrals and distributes carer specific resources and information to carers and community members.

**Link:** [Carers NSW Australia Carer line](#)

**Phone:** 9AM to 5PM Monday to Friday

## Mental Health Line



**Phone:** 1800 011 511

**Age Group:** All ages

**About:** A mental health professional will answer your call about mental health concerns for you or someone you are concerned about including children, teens, adults and older people.

**Link:** [NSW Health Mental Health Line](#)

**Phone:** 24/7

## If you are seeking additional information.



## Black Dog Institute

**About:** Primary areas of mental health research and treatment include: depression, bipolar disorder, post-traumatic stress disorder (PTSD), anxiety, workplace mental health, adolescents and young people, suicide prevention, e-mental health, and positive psychology and wellbeing.

**Link:** [Black Dog Institute home page](#)

## Reach Out



**About:** Our mission is to deliver innovative e-mental health services that enable young people to take control of their mental health and wellbeing.

Link: [Reachout.com home page](https://reachout.com)

## The Brave Program



**About:** BRAVE-ONLINE is an evidence-based cognitive behavioural therapy (CBT) available online to help children (8-12) and teenagers (13-17) cope with anxiety.

Link: [BRAVE-Online home page](https://brave-program.com)

## Smiling Minds

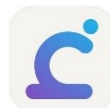


**About:** Online and app-based program to improve wellbeing of young people through mindfulness meditation.

Link: [Smiling Mind home page](https://smilingmind.com)

## If you are looking for an app to support you or your child...

### Calm Harm



**About:** Calm Harm provides tasks that help you resist or manage the urge to self-harm. You can add your own tasks too and it's completely private and password protected.

**Cost:** Free

**Available:** App Store & Google Play

### Clear Fear



**About:** The fear of threat, or anxiety, is like a strong gust of wind. It drags you in and makes you want to fight it or run away. Instead, face your fear with the free Clear Fear app and learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.

**Cost:** Free

**Available:** App Store & Google Play

## ReachOut Worry Time

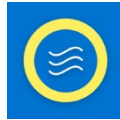


**About:** ReachOut Worry Time interrupts repetitive thinking by setting aside your worries until later, so you don't get caught up in them and can get on with your day. This means you can deal with worries once a day, rather than carrying them around with you 24/7

**Cost:** Free

**Available:** App Store

## ReachOut Breathe



**About:** ReachOut Breathe helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate with your iPhone

**Cost:** Free

**Available:** App Store

## Smiling Mind



**About:** Smiling Mind is a meditation app for young people. It has been developed by a team of psychologists and uses mindfulness to boost calmness, contentment and clarity. Mindfulness meditation has been shown to help manage stress, resilience, anxiety, depression and improve general health and wellbeing.

**Cost:** Free

**Available:** App Store & Google Play