

Mental Health Support Services



GO

I want to take
preventative action
for my mental health

Dr4Drs Telemedicine Service: 1300 Dr4Drs (1300 374 377)
or drs4drs.com.au/getting-help/

HandnHand Peer Support: handnhand.org.au

The Essential Network for Health Professionals:
blackdoginstitute.org.au/the-essential-network/

Headspace: for 12-25 yrs headspace.org.au/eheadspace

Anonymous LGBTIQ peer support/referral: qlife.org.au
or 1800 184 527



SLOW

I am experiencing
burnout and/or
mental illness

Find a Psychiatrist: yourhealthinmind.org

MensLine: 1300 78 99 78

First Nations Support - Wellmob: wellmob.org.au

Doctor's Health Services:

ACT - 1300 374 377

NSW - 02 9437 6552

NT - 08 8366 0250

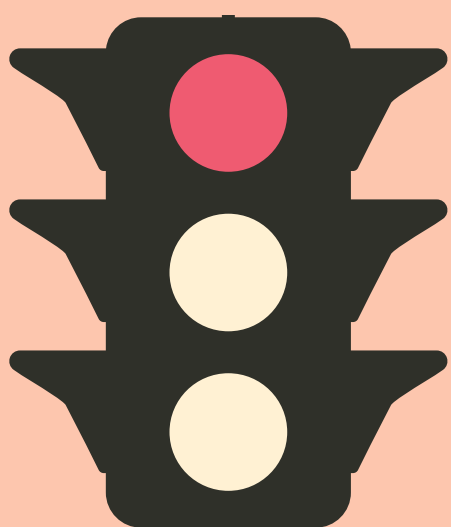
QLD - 07 3833 4352

SA - 08 8366 0250

WA - 08 9321 3098

VIC/TAS - 03 9280 8712

1800RESPECT – National domestic, family and sexual violence
counselling and support service: 1800 737 732 or
1800RESPECT.org.au



STOP

I am in need of
urgent support

Emergency Services: 000 or 112

Lifeline: 13 11 14

Suicide Call Back Service: 1300 659 467

Beyond Blue: 1300 22 4636 or beyondblue.org.au