

Mental Health Contacts

LIFELINE

24/7 crisis support and suicide prevention

📞 13 11 14

💻 lifeline.org.au

KIDS HELPLINE

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

📞 1800 55 1800

💻 kidshelpline.com.au

NATIONAL COVID HELPLINE

To provide a single central, national port of call, the existing healthdirect information line services will be increased to a 24/7 triaging service staffed by qualified health professionals.

📞 1800 020 080

💻 health.gov.au

1300SICK

Request an after hours, bulk billed, doctor home visit
Our booking lines are open from 6pm weekdays, 12 noon Saturday, all day Sunday and public holidays.

📞 13 74 25

💻 homedoctor.com.au

HEADSPACE

Mindfulness for your everyday life. Explore guided exercises, videos and more to help you get healthier and happier. Free support during current COVID-19 crisis.

💻 headspace.com

1800 RESPECT

24/7 confidential information, counselling and support service for people impacted by sexual assault, domestic or family violence and abuse.

📞 1800 737 732

💻 1800respect.org.au

NATIONAL DEBT HELPLINE

Overwhelmed? Not sure what to do with your debts? Get back on track with free financial counselling.

📞 1800 007 007

💻 ndh.org.au

SUICIDE CALLBACK SERVICE

We provide free counselling for suicide prevention & mental health via telephone, online & video for anyone affected by suicidal thoughts, 24/7.

📞 1300 659 467

💻 suicidecallbackservice.org.au

MENTAL HEALTH ACCESS LINE

A confidential mental health telephone triage service for Queenslanders that provides the first point of contact to public mental health services.

📞 1300 642 255

💻 qldhealth.gov.au/health/mentalhealth

13HEALTH

For 24 hour assessment, referral, advice, and hospital and community health centre contact details.

📞 13 43 25 84

💻 qld.gov.au/health/contacts/advice/13health