

# Recharge Week



## MENTAL HEALTH SERVICES

### CRISIS SUPPORT

IN AN EMERGENCY SITUATION, PLEASE CALL 000



#### **Beyond Blue: 1300 224 636**

Website and phone support with information targeting specific groups, such as men, women, Indigenous Australians, Multicultural people and LGBTQIA+ individuals. Information for people unfamiliar or unsure of how to cope with anxiety, depression and suicide.



#### **Lifeline: 13 11 14**

Lifeline provides confidential crisis support that is accessible 24 hours a day. Provides text and call support to anyone contemplating suicide, experiencing emotional distress, or caring for someone in crisis.



#### **Suicide Call Back Service: 1300 659 467**

Suicide Call Back Service offers free professional 24/7 telephone counselling support to people at risk of suicide, concerned about someone at risk, bereaved by suicide and people experiencing emotional or mental health issues.



#### **Open Arms: 1800 011 046**

Open Arms offers face-to-face, telephone and online counselling. Open Arms provides mental health and wellbeing support to anyone who has served at least one day of continuous fulltime service in the ADF and their immediate families.

### MENTAL HEALTH INFORMATION & SUPPORT



#### **Kids Help Line:**

We answer your questions about counselling, how it all works and what you can chat about – as well as give you useful self-help info and other support options. Join My Circle, the free and confidential social media platform for 12–25-year-olds or look on their website for relevant articles catered towards people aged 18 – 25.



#### **Reach Out:**

Provides digital mental health and wellbeing programs to encourage self-help and peer support. Mainly focused on providing prevention and early intervention services and support.



**Black Dog Institute**

#### **Black Dog Institute:**

The Black Dog Institute is a facility for diagnosis, treatment and prevention of mood disorders such as depression, anxiety and bipolar disorder. Mental health resources and support tools that you can trust knowing that everything we produce is research-informed and recommended by professionals.

### LGBTQIA+ COMMUNITY

**R U OK?:**

[LGBTIQ+ Resources](#)

**Grow Australia?:** [Mutual support and personal development](#)

**Head to Health:** [Free confidential service](#)

### ABORIGINAL AND TORRES STRAIT ISLANDERS

**Black Dog Institute:** [Social and emotional wellbeing](#)

**Reach Out:** [Yarn Up](#)

**Black Rainbow:** [LGBTIQ+ Aboriginal & Torres Strait Islander Support](#)