

# Helpline - Get the Support You Need.

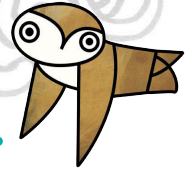
## Who to contact when you or someone you know requires support:

If you, or someone you know is in immediate danger please call 000 or visit your nearest hospital emergency department.



<b>Lifeline</b>	131 114	24/7 A free telephone counselling service
<b>Kid's Helpline</b>	1800 551 800	24/7 A counselling service for kids and young people
<b>beyondblue</b>	1300 22 4636	24/7 Aims to increase awareness of depression and anxiety and reduce stigma.
<b>eheadspace</b>	1800 650 890	9am-1am AEST / 7 days a week Free online and telephone support and counselling to young people 12 - 25
<b>SANE</b>	1800 18 7263	10am-10pm AEST (Mon-Fri) Supporting the mental health of Australians affected by complex mental illness.
<b>Suicide Call Back Service</b>	1300 659 467	24/7 Support if you or someone you know is feeling suicidal.
<b>NSW Mental Health</b>	1800 011 511	24/7 Across NSW.
<b>APM Community Support</b>	1800 276 113	Free mental health telephone counselling across Australia in response to the devastating bushfires
<b>National Centre for Childhood Grief</b>	1300 654 556	Counselling services for bereaved children and their families. Email: <a href="mailto:drmckissock@icloud.com">drmckissock@icloud.com</a>
<b>GriefLine</b>	1300 845 745	Midday to 3am AEST, 7 days a week. Counselling support services free of charge to individuals and families who are experiencing loss and grief
<b>MensLine Australia</b>	1300 789 978	24/7 Counselling and resources for men in crisis.
<b>Open Arms — Veterans and Families Counselling</b>	1800 011 046	24/7 free Support for war and service-related mental health conditions
<b>Blue Knot Foundation</b>	1300 657 380	9am-5pm AEST / 7 days a week If you have experienced childhood trauma, you can speak with a Blue Knot Helpline trauma counsellor.
<b>Interpreter Services</b>	131 450	9am - 5 pm Mon to Fri.

# Other Useful Services & Resources -



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<b>Disaster Welfare Assistance</b>	1800 018 444	7 days, 8:30am - 4:30pm
<b>HealthWISE</b>	1800 931 540	Directly impacted by the ongoing drought? This service is available throughout the New England North West.
<b>Agricultural and Animal Services Hotline</b>	1800 814 647	Primary producers should report bushfire-related damage including stock and fodder losses, damage to crops, fencing and other farm infrastructure.
<b>The Salvation Army Disasters Assistance</b>	1300 662 217	The Salvation Army offers a range of services and assistance measures to help people who have been impacted by disasters including financial assistance, emotional support and referrals.
<b>Emergency Temporary Accommodation</b>	1800 422 322	Short term housing support
<b>Bushfire Recovery</b>	1800 018 444	Assistance Phone Numbers <a href="https://emergency.nsw.gov.au/Documents/Bushfire%20Recovery%20Assistance.pdf">https://emergency.nsw.gov.au/Documents/Bushfire%20Recovery%20Assistance.pdf</a>
<b>Bush Support Services</b>	1800 805 391	Online Counselling Email: <a href="mailto:scp@crana.org.au">scp@crana.org.au</a> A free and confidential telephone counselling service for rural and remote area health professionals and their families.
<b>MindSpot</b>	1800 622 427	8am-8pm (Mon-Fri), 8am-6pm (Sat) MindSpot is not an emergency or instant response service. It provides support and assessment for anxiety and depression.
<b>QLife</b>	1800 184 527	3pm-12am (midnight) AEST / 7 days a week. National support lesbian, gay, bisexual, transgender and intersex (LGBTI) people of all ages.
<b>PANDA (Perinatal Anxiety and Depression Australia)</b>	1300 726 306	9am-7:30pm AEST (Mon-Fri) Support for perinatal depression or anxiety.
<b>Emerging Minds</b>	<b>Resources:</b> Factsheets, Video	Community Trauma Toolkit <a href="https://emergingminds.com.au/resources/toolkits/community-trauma-toolkit/">https://emergingminds.com.au/resources/toolkits/community-trauma-toolkit/</a>
<b>AUSTRALIAN CHILD &amp; ADOLESCENT TRAUMA, LOSS &amp; GRIEF NETWORK</b>	<b>Resources:</b> Factsheets, activities	<a href="https://earlytraumagrief.anu.edu.au/resource-centre/disasters-bushfire-resources">https://earlytraumagrief.anu.edu.au/resource-centre/disasters-bushfire-resources</a> Email: <a href="mailto:earlytraumagrief@anu.edu.au">earlytraumagrief@anu.edu.au</a>