

Sincerely Survivor

Mental Health Resources Australia

www.gracedance.co/mentalhealthadvocacy

Seeing your General Practitioner

Seeing a GP can help you adopt a holistic approach to your wellbeing plan, and they also offer supervision of your needs and treatment, offering other solutions. GP's can give you a Mental Health Care Plan to support you with subsidised mental health supports.

Psychiatric Triage in your area - phone for crisis admission into hospital. The CATT team is the entry point and assessment for crisis intervention in the mental health system.

Alfred Health Psychiatric Triage

24/7 emergency support when in crisis
1300 363 746

Monash Psychiatric Triage

24/7 emergency support when in crisis
1300 369 012

Emergency services

Call if you are in an emergency
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Carer Gateway

Practical advice and support for carers - website also has a service finder to connect you to local support services
1800 422 737
www.carergateway.gov.au

Lifeline Australia

Suicide prevention hotline
13 11 44
www.lifeline.org.au
@lifelineaustralia

Suicide Call Back Service

1300 659 467
www.suicidecallbackservice.org.au

Beyond Blue

Coronavirus Mental Wellbeing Support Service
1800 512 348
www.coronavirus.beyondblue.org.au
@beyondblueofficial

Headspace

Youth and young adult mental health community support. Great social models that address mental health – e.g. Discovery College short courses, conversations on Instagram.
1800 650 890
www.headspace.org.au
@discoverycollegeconnect
@headspaceau

SANE

Specialises in complex mental health, with great resources and information
www.sane.org
1800 18 7263
SANE has a partnership with Dax Centre Melbourne - understanding mental health through art, promoting the creative practices of people with lived experience.
www.daxcentre.org

Kids Helpline

1800 55 1800
www.kidshelpline.com.au
@kidshelplineau

Mensline Australia

Specialists in men's mental health
24/7 helpline and online services
1300 789 978

1800 RESPECT

24/7 service for sexual assault, domestic violence
and family abuse
1800 737 732
www.1800respect.org.au

Head to Health

www.headtohealth.gov.au
Department of Health resources around mental
health and wellbeing
Great summary of mental health service providers

Black Dog Institute

Research, resources and support
'My Compass' online self help program
<https://www.blackdoginstitute.org.au>

Blue Knot Foundation

Specialists in complex trauma and abuse
Blue Knot Helpline Trauma Hotline
1300 657 380 *between 9am-5pm Monday - Sunday*
<https://www.blueknot.org.au>

The Butterfly Foundation

Specialists in eating disorders and body image
1800 334 673 *available 7 days, 8am to midnight*
www.butterfly.org

The Essential Network (TEN)

Mobile app supporting Health Professionals
Apple App Store: <http://aus.pm/v0x2>
Google Play: <http://aus.pm/dx48>
www.blackdoginstitute.org.au/ten

Reach Out

Resources for young people and parents around
mental health
www.au.reachout.com

Support Act Wellbeing Helpline

Free (and ongoing) telehealth counselling for
performing artists in Australia
www.supportact.org.au
1800 959 500

Relationship Matters

www.relationshipmatters.com.au
1300 543 396
Specialists in counselling and mediation for
relationships with flexible rates.

Mood Gym

www.moodgym.com.au
Online Cognitive Behavioural Therapy self help for
depression and anxiety

This Way Up

www.thiswayup.org.au
Online Cognitive Behavioural Therapy, coping tools
and resources; low cost internet delivered self help
sessions (can recommend a GP referral to this
course for free access for 90 days).

Additional recommended resources:

Podcast - Psychologists off the clock:

<https://www.offtheclockpsych.com/>

Books:

- Lost Connections by Johann Hari
- Our Own Words - a collaborative book exploring reflecting upon people's lived experience of mental distress and extreme states (and living without them)

Apps:

- Smiling Mind (mindfulness)
- Calm (mindfulness)
- Headspace (mindfulness)
- Better Help (e-counselling)
- Daylio (mental health journal)
- Headspace (mindfulness)
- TEN - The Essential Network (supporting essential workers)
- Daily Planner (self care habit and goal tracker)
- Therapeer (peer emotional support)