



Digital Mental Health Gateway

Head to Health

[Head to Health](#)

A website that links Australians to online and phone mental health services, information and resources

SANE AUSTRALIA

[Sane Australia](#)

Moderated forums providing peer-to-peer support



[headspace](#)

Internet chat, email and phone support for young people (12-25yrs) with a range of issues



[ReachOut](#)

Practical tools, support and moderated forums to help youth get through everything from everyday issues to tough times



[Beyond Blue Online Forums](#)

Safe, supportive moderated online peer support forums for a range of mental health issues and demographics

Phone and Online Counselling and Support



[Lifeline](#) 13 11 14

24/7 phone counselling and online crisis support chat, Lifeline Text on 0477 13 11 14



[Beyond Blue Support Service](#) 1300 22 4636

Telephone (24/7), online and email counselling



[Kids Helpline](#) 1800 55 1800

24/7 phone and online counselling for youth (5-25yrs)



[Suicide Call Back Service](#) 1300 659 467

National 24/7 professional telephone & online counselling for anyone affected by suicide



[1800RESPECT](#) 1800 737 732

24/7 phone & online counselling for people seeking support for domestic violence situations



[MensLine Australia](#) 1300 78 99 78

Telephone and online counselling service offering support for Australian men



[QLife](#) 1800 184 527, 3pm to midnight

Online chat and phone counselling for lesbian, gay, bisexual, transgender and intersex (LGBTI) people



[Open Arms](#) 1800 011 046, 24 hours

Mental health support for Navy, Army and Air Force personnel, veterans and their families



[FriendLine](#) 1800 424 287, Mon-Fri 6-8pm AEST

A national support line "ready for a cuppa and a conversation" with trained volunteers



[Ask Izzy](#)

Australia-wide service for people who are homeless or at risk of becoming homeless to find the services they need (shelter, food, health and other critical services)



[Relationships Australia](#) 1300 364 277

Relationships support services for individual, families and communities.



[National Debt Helpline](#) 1800 007 007

Weekdays 9.30am – 4.30pm, free, independent and confidential advice from professional financial counsellors, live chat available



[Gamblers Help](#) 1800 858 858

24 hours, 7 days a week, free, confidential

NSW Domestic Violence Line

1800 65 64 63 - available 24/7

Provides counselling and referrals to women experiencing domestic and family violence.

ACT Domestic Violence Crisis Service

Domestic Violence Crisis Service ACT **(02) 6280 0900**

24hr telephone counselling, support and access to safe accommodation.

Victoria Domestic Violence Helpline

1800 015 188 - 24-hour line

Safe Steps Family Violence Response Centre

South Australia Domestic Violence Crisis Line

1800 800 098 - 24-hour line

for crisis counselling, support and referral to safe accommodation

Queensland Domestic and Family Violence Helplines

DVConnect Womensline – **1800 811 811**

free professional and non-judgemental telephone support to women who are experiencing domestic or family violence. 24-hours, 7 days a week

DVConnect Mensline – **1800 600 636**

free confidential counselling, referral and support to men affected by domestic and family violence. (9am to 12 midnight, 7 days a week)

1800 007 339 – 24-hour service

This service provides support for women, with or without children, who are experiencing family and domestic violence.

Western Australia Domestic Violence Helpline

Please find relevant number listed on the page [here](#)

Northern Territory Domestic Violence Support lines

18000 633 937

Safe at Home Family Violence Response and Referral Line.

Tasmania Domestic Violence Support Service

Support for People with Disability

National Disability Abuse and Neglect Hotline

1800 880 052

Australia-wide telephone hotline for reporting abuse and neglect of people with disability



NDIS 1800 800 110

NDIS provides people with disability with information and connections to services in their communities

National Relay Service

If you are deaf and/or find it hard hearing or speaking with people who use a phone, the National Relay Service ([NRS](#)) can help you.

Language Support

Translating and Interpreting Service

13 14 50 – 24-hour service, [website](#)

Free phone service to gain access to an interpreter

Aboriginal and Torres Strait Islander People

Aboriginal Family Domestic Violence Hotline

1800 019 123 – Victims Services NSW has a dedicated contact line for Aboriginal victims of crime who would like info on victims' rights, how to access counselling and financial assistance



[WellMob](#)

Social, emotional and cultural wellbeing online resources for Aboriginal and Torres Strait Islander People



[13Yarn](#) 13 92 76

24/7 talk with an Aboriginal or Torres Straits Islander Crisis Supporter, free and confidential



[Mob Strong, Debt Help](#) 1800 8080488

free legal advice service about money matters for Aboriginal and Torres Strait Islander people