

ADDITIONAL RESOURCES

MENTAL HEALTH AWARENESS SUPPORT RESOURCES - LINKS

The following resources provides leaders with additional information and resources on mental health conditions and creating mentally healthy workplaces. These resources may be helpful for themselves or for passing on to someone else.

GETTING CRISIS HELP

24-hour emergency services for mental health.

Lifeline Australia

13 11 14

A crisis support and suicide prevention phone counselling service.

Suicide Call Back Service

1300 659 467

A free service for people who are suicidal, caring for someone who is suicidal, bereaved by suicide or are health professionals supporting people affected by suicide.

Kids Help Line

1800 551 800

A crisis and counselling service specifically for young people aged between 5 and 25.

State Crisis Numbers

Mental health crisis and suicide prevention services provided across each state

NSW

1800 011 511- Mental Health Line

VIC

1300 651 251 - Suicide Help Line

QLD

13 43 25 84 - Mental Health Services Helpline

TAS

1800 332 388 - Mental Health Services Helpline

SA

13 14 65 - Mental Health Assessment and Crisis Intervention Service

WA

1800 676 822 - Mental Health Emergency Response Line

NT

08 8999 4988 - Top End Mental Health Service

ACT

1800 629 354 - Mental Health Triage Service

MensLine Australia

1300 78 9978

MensLine Australia is the national telephone (24/7) and online (3pm - 8.30pm daily) support, information and referral service for men with family and relationship concerns.

Open Arms - Veterans and Veterans Families Counselling Service (VVCS)

1800 011 046 (24/7)

<https://www.openarms.gov.au/>

The VVCS provides counselling and group programs to Australian veterans, peacekeepers and their families.

QLife

1800 184 527

[www.qlife.org.au](http://www qlife.org.au)

QLife exists to enable lesbian, gay, bisexual, transgender and intersex communities to work towards better health, including mental health. Telephone and online support is available 3pm - 12pm daily.

TIACS

0488 846 988 Monday - Friday 8am - 10pm AEST

<https://www.tiacs.org/>

TIACS is a free phone and text mental health counselling service that is targeted specifically to the manufacturing industry.

Carers Australia

1800 242 636 (9am - 5pm)

www.carersaustralia.com.au

Short-term counselling and emotional and psychological support services for carers and their families in each state and territory.

eheadspace

1800 650 890

www.eheadspace.org.au

eheadspace is a confidential, free and secure space where young people 12 - 25 or their family can chat, email or speak on the phone with a qualified youth mental health professional, Telephone and online support is available 9am - 1am. You can also visit www.headspace.org.au to find your closest headspace centre and other information.

1800 RESPECT

1800 737 732

www.1800respect.org.au

1800 RESPECT is the national sexual assault, domestic and family violence counselling service for people living in Australia.

Relationships Australia

1300 364 277

www.relationships.org.au

Relationships Australia provides relationship support services to enhance human and family relationships.

Counselling Online

www.counsellingonline.org.au

Counselling Online is a 24/7 online service where you can communicate with a professional counsellor about an alcohol or drug related concern, using text-interaction.

Department of Child Safety, Seniors and Disability Services

1800 688 009

www.dcssds.qld.gov.au/

If you have a reason to suspect a child in Queensland is experiencing harm, or is at risk of experiencing harm, contact a Child Safety Services' Regional Intake Service. Trained child protection workers talk to you about your concerns for the child. They will record information you provide and gather other information that may be helpful in assessing the situation. The worker will then decide the best way of responding to the information you have provided.

DEVELOPING A MENTALLY HEALTHY WORKPLACE

Based on the latest research, provides organisations with guidance on how to create a mentally healthy workplace.

<https://beta.mentallyhealthyworkplaces.gov.au/>

THE MENTAL HEALTH COMMISSION

Established in 2012, the Mental Health commission provides reports and advice on promoting and preventing mental illness across the Australian Community.

A helpful site for accessing the latest reports, community services/support, events and activities around mental illness, including the latest government policy developments.

<http://www.mentalhealthcommission.gov.au/>

PSYCHOSOCIAL HAZARDS

Provides practical information on how to eliminate or minimise psychosocial hazards in the workplace.

<http://www.comcare.gov.au/safe-healthy-work/prevent-harm/psychosocial-hazards>

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