Where to get help: Services in Australia

For more information about mental health services and professional support in Australia, the following resources may be useful.
This contact list is not all inclusive nor does this listing constitute an endorsement of any particular agency, organisation, association or entity.

Professional Development Training

Wired to Play: www.wiredtoplay.com, info@wiredtoplay.com

Mind wealth is more than an absence of mental illness. It is what enriches the brain to be resilient, creative, adaptive and exceptional. For information, seminars, events and resources as well as professional development, coaching and/or psychological counselling services contact 'Wired to Play'.

'Wired to Play' provides services to individuals, sporting organisations, workplaces and/or schools, and takes a holistic approach to mental health, incorporating sport and exercise.

Crisis Mental Health Support

24 hour service -
Ambulance, Fire, Police 000
Life threatening emergency (Mobile) 112

Kids' Helpline:
www.kidshelpline.com.au 1800 551 800

A national 24 hour telephone counselling service for children and young people in Australia.

Lifeline:
www.lifeline.org.au 13 11 14

National 24 hour telephone counselling service for all ages including crisis support and suicide prevention.

Psychological and Other Counselling

Australian Psychological Society: www.psychology.org.au

The Australian Psychological Society provides Australia-wide contact information for registered psychologists (including sports psychologists) with experience in diagnosing and treating a variety of mental health issues such as anxiety, depression, mood and personality disorders, and addictions.

Australian Health Practitioner Regulation Agency (AHPRA): www.ahpra.gov.au

The Australian Health Practitioner Regulation Agency regulates Australia's health practitioners in partnership with national boards. AHPRA provides a summary of the registration status of health practitioners including psychologists and medical practitioners.

Headspace: www.headspace.org.au

Headspace is Australia's national youth mental health foundation. It provides young people aged 12-25yrs and their families with information, support and advice about:

- general health issues, mental health and wellbeing
- eating disorders
- alcohol and other drugs
- education, employment and other services.

Australian Association of Social Workers: www.aasw.asn.au

The Australian Association of Social Workers provides Australia-wide contact information for registered social workers with experience in working with individuals, families, groups and communities in the context of their physical, social and cultural environments, their past and current experiences, and their cultural and belief systems.

National Mental Health Information and Services

Mental Health Australia: www.mhaustralia.org, http://mhaustralia.org/contact-us/state-information

Mental Health Australia provides links to state and territory mental health organisations and services.

ACT Health: www.health.act.gov.au/our-services/mental-health/act-wide-mental-health-services

ACT Health provides links to mental health services available in the ACT including Child and Adolescent Mental Health Services (CAMHS).

NSW Health:
www.health.nsw.gov.au/mhdao/Pages/camhs.aspx

NSW Health provides links to mental health services available in NSW including Child and Adolescent Mental Health Services (CAMHS).

Northern Territory Health:
www.health.nt.gov.au/Mental_Health/index.aspx

Northern Territory Health provides specialist mental health services delivered by Top End Mental Health Services and Central Australian Mental Health Services, which include community based adult, child, youth and forensic services as well as inpatient services.

Queensland Health:
www.health.qld.gov.au/mentalhealth/service/find.asp

Queensland Health provides links to mental health services available in Queensland including Child and Youth Mental Health Services (CYMHS).

South Australia Health:
www.sa.gov.au/topics/health-and-wellbeing/mental-health

South Australia Health provides links to mental health services available in South Australia including Child and Adolescent Mental Health Services (CAMHS).

Tasmania Health and Human Services:
www.dhhs.tas.gov.au/mentalhealth/useful_links_and_contacts

Tasmania Health and Human Services provides links to a range of mental health services for children, adolescents and adults.

Victoria Health:
www.health.vic.gov.au/mentalhealth/index.htm

Victoria Health provides links to mental health services available in Victoria including Child and Adolescent Mental Health Services (CAMHS).

Western Australia Mental Health:
www.mentalhealth.wa.gov.au

Western Australia Mental Health provides links to mental health services available in Western Australia including Child and Adolescent Mental Health Services (CAMHS).

Aboriginal and Torres Strait Islander People

Social and Emotional Wellbeing and Mental Health Services in Aboriginal Australia:
http://www.sewbmh.org.au/

Social and Emotional Wellbeing and Mental Health Services in Aboriginal Australia is a culturally specific website for Aboriginal and Torres Strait Islander people. The 'Find a Health Service' feature enables users to search an extensive database of Indigenous-specific social and emotional wellbeing services and programs across Australia.

Migrant and Refugee Mental Health Services

Mental Health in Multicultural Australia:
www.mhima.org.au

Mental Health in Multicultural Australia provides mental health services across Australia, including transcultural mental health programs, multicultural psychosocial recovery-oriented services and specialist refugee support.

The Refugee Health Network of Australia:
www.refugeehealthaustralia.org

The Refugee Health Network of Australia is a network of health and community professionals who share an interest and/or expertise in refugee health. The network includes members from every State and Territory across all disciplines of medicine. The network has a multidisciplinary focus and includes clinicians (medical practitioners, nurses and mental health workers), policy experts, health service managers and researchers.

General Mental Health Information

Australian Psychologists and Counsellors in Schools Association: www.agca.com.au

The Australian Psychologists and Counsellors in Schools Association is a professional association

that provides resources and support to its members who work in school settings. These include school psychologists, guidance officers and school counsellors.

Australian Psychological Society: www.psychology.org.au

The Australian Psychological Society (APS) provides contact information for registered psychologists with experience in treating a variety of mental health issues, including addictions. The APS website hosts EQIP (Evidence-based and Quality Information for Psychologists) supporting professional practice. All content on EQIP has undergone a comprehensive and systemic process of research and review by experts in specific areas of psychological practice.

Australian Child and Adolescent Trauma, Loss and Grief Network: www.earlytraumagrief.anu.edu.au

The Australian Child and Adolescent Trauma, Loss and Grief Network is an initiative of the Australian National University College of Medicine, Biology and the Environment, it supports individuals involved in the care of children/youth experiencing trauma, loss and/or grief from an ecological perspective.

beyondblue: www.beyondblue.org.au

beyondblue is a national initiative aimed at reducing the impact of depression and anxiety in the community by raising awareness and understanding, empowering people to seek help, and supporting recovery, management and resilience. Support is offered through the Beyondblue support line.

Black Dog Institute: www.blackdoginstitute.org.au

The Black Dog Institute is a world leader in the diagnosis, treatment and prevention of mood disorders. The institute provides expert information on depression, bipolar and mood disorders for the general public as well as professionals.

BlueBoard: www.blueboard.anu.edu.au

Blueboard is an online support group for people affected by depression, bipolar disorder and anxiety disorders. Supported by the National Institute for Mental Health Research, Australian National University.

E-couch: www.ecouch.anu.edu.au

E-couch provides self-help interventions drawn from cognitive, behavioural and interpersonal therapies as well as relaxation and physical activity. Supported by the Australian National University.

Man Therapy: www.mantherapy.org.au

Man therapy is an initiative of Beyondblue. It aims to help men take charge of depression, anxiety and/or combat suicidal thoughts by taking practical action.

Menslink: www.menslink.org.au

Menslink provides support to young men in the Canberra region through counselling and mentoring programs. It is an ACT government initiative.

Mental Health Online: www.anxietyonline.org.au

Mental Health Online (formerly Anxiety Online) is an internet-based treatment clinic for people with mental health problems. Provides psycho-educational information about anxiety disorders as well as a free automated psychological assessment and self-help treatment programs, plus low cost therapist-assisted programs. It is an initiative of the National eTherapy Centre (NeTC) at Swinburne University of Technology and funded by the Federal Department of Health and Ageing.

Mind Health Direct: www.healthdirect.gov.au

Mind Health Direct provides mental health and wellbeing information, support and services by Australia's leading health providers. Many services are delivered free on behalf of the governments of Australia.

MoodGYM:
www.moodgym.anu.edu.au

MoodGYM is an Australian National University (ANU) interactive program which incorporates cognitive-behaviour therapy for understanding and identifying problematic emotions and developing good coping skills for good mental health.

National Health Services Directory:
www.nhsd.com.au

The National Health Services Directory is a services directory delivered by Healthdirect Australia. It aims to enable health professionals and consumers access reliable and consistent information about health services in Australia.

Parent Link:
www.parentlink.act.gov.au

Parent Link is an ACT government website that provides parenting information to parents within the ACT and region. The site provides information and resources with a strengths-based/solution focused approach and an extensive network of service contacts.

Partners In Depression:
www.partnersindepression.com.au

Partners in Depression provides information and support to people who are close to with someone experiencing depression.

Reach Out:
www.au.reachout.com
Reach Out is a national online youth suicide prevention program. It provides information about various mental health issues and how to access help.

Relationships Australia:
www.relationships.org.au
Relationships Australia provides counselling and education services to individuals, families and communities in order to achieve positive and respectful relationships.

RUOK:
www.ruokday.com
RUOK (Are You Okay) is a not-for-profit organisation that aims to inspire Australians to have regular meaningful conversations with anyone who might be struggling with life.

Salvation Army Care Line:
www.salvos.org.au
The Salvation Army Care Line is a 24 hour telephone counselling service that provides free short term support for anyone in need.

SANE Helpline:
www.sane.org
The SANE Helpline provides information and support services for those suffering from a mental illness and their family/carers.

Suicide Call-Back Service:
www.suicidecallbackservice.org.au
The Suicide Call-Back Service is a free nationwide professional telephone and online counselling service for anyone affected by suicide.

Specialist Information

ADHD

ADDULTS with ADHD:
www.adultadhd.org.au

ADDULTS with ADHD is a not-for-profit organisation which aims to address the needs of adults with ADHD and related conditions, and their families. It is committed to reducing the stigma associated with ADHD and dispelling the myths and misinformation while providing education and awareness of adult ADHD in the media, to the government and health professionals based on research and clinical best practice.

Sydney Developmental Clinic:
www.sydneydevelopmentalclinic.com.au

The Sydney Developmental Clinic is a developmental paediatrics practice specialising in the assessment of children with ADHD, ADD, learning difficulties, and associated learning, behavioural, and emotional problems.

The Royal Children's Hospital Melbourne:
www.rch.org.au

The Royal Children's Hospital Melbourne provides information about children's health including fact sheets about conditions such as ADHD.

Alcohol & Other Drugs

Alcoholics Anonymous Australia:
www.aa.org.au
Alcoholics Anonymous Australia is a fellowship of men and women who share their experiences, strength and hope with each other as they move towards solving difficulties with, and recovery from, alcoholism.

Australian Drug Foundation:
www.adf.org.au
The Australian Drug Foundation delivers programs aimed at raising awareness of the issues around alcohol and other drug problems, and reducing harm in the community.

Good Sports:
www.goodsports.com.au
Good Sports' major focus is to support sporting club committees progressively change the way alcohol is managed in all activities within the club's grounds and associated functions. Good Sports is an initiative of the Australian Drug Foundation and provides guidance to meet State and Territory laws, provides support to reduce alcohol related risks and change binge drinking culture.

Australian Drug Information Network:
www.adin.com.au

The Australian Drug Information Network provides a central point of access to quality Internet based alcohol and drug information provided by prominent organisations in Australia and internationally.

Noffs Foundation:
www.noffs.org.au
The Noffs Foundation provides services to socially disadvantaged and disconnected young people and those from indigenous and culturally diverse backgrounds. The foundation has expertise in the treatment of young people with drug and alcohol problems, and in particular those with co-morbid mental health issues, using a whole community approach for social inclusion. It has a residential treatment program for young people (aged 13 – 17yrs) to address drug and alcohol, mental health, family dysfunction and criminality issues.

Anger

Mensline Australia:
www.mensline.org.au
Mensline Australia is a 24 hour professional phone counselling and referral service for men experiencing relationship, parenting, mental health and/or emotional difficulties including anger.

Anger Management Institute of Australia:
www.angermanagementaustralia.com.au

The Anger Management Institute of Australia provides individual counselling and group sessions for people experiencing problems managing anger.

Domestic Violence Crisis Service (DVCS):
www.dvcs.org.au, dvcs.org.au/your-situation/i-am-not-in-the-act/

DVCS supports people subjected to violence or abuse. The service includes a state by state contact list for domestic violence support services.

Eating Disorders

The Butterfly Foundation:
www.thebutterflyfoundation.org.au
The Butterfly Foundation supports people affected by eating disorders and negative body image issues. It provides support over the phone, via email and on-line.

ISIS The Eating Issues Centre:
www.isis.org.au
ISIS The Eating Issues Centre provides State and Territory contact details for individuals struggling with eating issues.

Electronic Media

Australian Council of Children in the Media:
www.childrenandmedia.org.au

The Australian Council of Children in the Media provides comprehensive and reliable information and up to date research about children's use of electronic media.

Gambling

Gambling Help Line:
www.gamblinghelponline.org.au
Gambling Help Line provides access to counselling and information services about problem gambling. It includes a free 24 hour counselling referral service with professional counsellors with expertise in problem gambling.

Sleep

Australasian Sleep Association:
www.sleep.org.au
The Australasian Sleep Association is the peak scientific sleep organisation in Australia and New Zealand. It provides a sleep services directory as well as on-line courses and resources.

Sports Specific Information and Contact Details

Australian Olympic Committee (AOC):
www.olympics.com.au

The AOC is an Incorporated Association whose members are the national bodies of sports on the Olympic program. State Olympic Councils represent the AOC in every State and Territory.

Australian Sports Anti-doping Authority (ASADA):
www.asada.gov.au

ASADA is Australia's national anti-doping organisation established by the Australian Government to develop a sporting culture in Australia that is free from doping. It provides education and support to organisations, athletes, support staff and students in meeting their anti-doping obligations.

Australian Sports Commission:
www.ausport.gov.au
The Australian Sports Commission (ASC) is Australia's primary national sports administration and advisory agency and operates on behalf of the Australian Government. The ASC plays a central leadership role in the development and operation of the Australian sports system, administering and funding innovative sport programs.

Australian Sports Directory:
www.ausport.gov.au/about/australian_sport_directory
An Australian Sports Directory contains contact details for national sporting organisations (NSOs) including NSOs for people with a disability. The information provided is general and the organisations listed are not necessarily assisted or funded by the ASC.

Australian Athletes Alliance:
www.ausathletesall.com.au
The Australian Athletes Alliance represents over 3,500 athletes through Australia's eight major players' and athletes' associations. It provides contact details for all member associations.

Sports Medicine Australia:
www.sma.org.au
Sports Medicine Australia is Australia's peak national umbrella body for sports science and injury prevention. It is a multi-disciplinary association with State/Territory branches.