

HELP SERVICES



HELP WITH A CRISIS

Lifeline

13 11 14 Lifeline.org.au

Parentline

1300 1300 52 www.parentline.org.au

Suicide Call Back Service

1300 659 467 suicidecallbackservice.org.au

1800 RESPECT

1800 737 732 www.1800respect.org.au

Access Mental Health

1800 629 354 Call services for mental health crisis

Canberra Rape Crisis Centre

6247 2525 crcc.org.au

Beyond Blue Support Service

1300 224 636 beyondblue.org.au

eSAFETY AND BULLYING

esafety.gov.au

bullyingnoway.gov.au

fairworkhelp.com.au

safeworkaustralia.gov.au

HELP WITH HOUSING OR HOMELESSNESS

Toora

toora.org.au

Samaritan House

6234 7349

eMENTAL HEALTH APPS

ehespace.org.au

moodgym.com.au

smilingmind.com.au

HELP WITH DRUGS AND ALCOHOL

Alcohol & Drugs Information Service

1800 250 015

HELP WITH EATING DISORDERS

Eating Disorders Clinical Hub

5124 4326

Butterfly Foundation

1800 334 673 or butterfly.org.au

Help with your mental health

Mindmap mindmap.act.gov.au/s/

Wellways wellways.org/

Heads up headsup.org.au

Reachout au.reachout.com

Your GP

Everyman 6230 6999

Relationships Australia 1300 364 277

Meridian 6257 2855

sexual Health and Family Planning ACT 6247 3077

Menslink 6287 2226

SANE 1800 18 7263

Qlife qlife.org.au 1800 184 527

Head to Health 1800 595 212

Aboriginal and Torres Strait Islander Services

Winnunga Nimmityjah Aboriginal Health Service
winnunga.org.au or 6284 622

Connected

Social and emotional wellbeing help, call 6180 2820

YarnSafe

Mental Health and Wellbeing Support, yarnsafe.org.au

Multicultural Services

Multicultural Hub

mhub.org.au or 6100 4611

Migrant and Refugee Support Services (MARSS)

marss.org.au or 6248 8577