



Head to Health
provides links to trusted online and phone supports, resources and treatment options.
<https://headtohealth.gov.au/>



Heads up
gives individuals and businesses tools to create mentally healthy workplaces.
<https://www.headsup.org.au/>



Beyond Blue
provides information, support and resources.
<https://www.beyondblue.org.au/>



Black Dog Institute
provides information, support, resources and programmes for mood disorders.
<https://www.blackdoginstitute.org.au/>



Reach Out
provides information, support and advice, including a quiz that directs to the most appropriate wellbeing apps.
<https://au.reachout.com/>



BiteBack
provides young people with information, help and advice. Also includes a mental health challenge which anyone can sign up for. <https://www.biteback.org.au/>



Lifeline
provides free crisis support and counselling service. **Call 11 13 14.**
<https://www.lifeline.org.au/>



Suicide Call Back Service
provides free professional phone and online counselling. **Call 1300 659 467**
<https://www.suicidecallbackservice.org.au/>



Mens Line Australia
telephone and online counselling service for men. **Call 1300 78 99 78.**
<https://mensline.org.au/>



Soften the fck up
addresses depression and suicide in males.
<http://softenthefckup.wearespur.com/>



Movember
charity changing the face of men's health. <https://au.movember.com/>



Livin
Connecting, supporting and encouraging "It Ain't Weak to Speak". <https://livin.org/>



Sane Australia
provide support and information and resources
<https://www.sane.org/>



headspace
provides support, information and services to young people
<https://headspace.org.au/>



RUOK
provides resources to support people to have meaningful conversations.
<https://www.ruok.org.au/>



Mental Health First Aid (MHFA) Australia
national not-for-profit health promotion charity focused on mental health training and research. <https://mhfa.com.au/>



MHMA
provides multicultural mental health resources
<http://www.mhima.org.au/>



Alcohol and Drug Foundation
provides support, advice and resources relating to alcohol and other drugs
Information Line 1300 85 85 84 <https://adf.org.au/>

Statewide Mental Health Lines
provides the first point of contact to public mental health services 24 hour service, 7 days a week.
QLD 1300 MH CALL (1300 642255)
<https://www.qld.gov.au/health/mental-health/help-lines/1300-mh-call>
NSW 1800 011 511
<https://www.health.nsw.gov.au/mentalhealth/Pages/contact-service.aspx>

Primary Health Network (PHN)
Government initiative designed to improve access to primary care. Use the following link to locate your local PHN for resources and services in your local area.
<http://www.health.gov.au/internet/main/publishing.nsf/Content/PHN-Locator>