

Your **Mental** **Health** Matters



**Children thrive when
parents have the
support they need.**

Emergency Help **24/7**



Lifeline
13 11 14

- Live webchat [here](#)
- SMS Lifeline 0477 13 11 14
- Mental health, crisis and suicide helpline.



Beyond Blue
1300 22 4636

- Live webchat [here](#)
- Mental health questionnaire [here](#)
- Free counselling, support, and resources.



MHERL
1300 555 788

- Free crisis support, assessment, and referrals from trained clinicians.



1800 Respect
1800 737 732

- Live webchat [here](#)
- SMS service 0458 737 732
- Domestic, family, and sexual violence.



13YARN
13 92 76

- Talk to an Aboriginal and Torres Strait Islander Crisis Supporter.
- 13YARN fact sheets [here](#)



Men's Helpline
1300 78 99 78

- Free counselling and support for men.

Support Services



**Localised Child and Family
Health Nursing Services**

Free services for parents and carers of children aged 0-5, no referral needed. Click [here](#) for NSW and [here](#) for WA.



**Medicare Mental Health
Centres (Head to Health)**

1800 595 212 (8:30am-5pm Mon-Fri)

Provides free mental health advice, identifies relevant services, and connects you to them.



**PANDA – Perinatal Anxiety &
Depression Australia**

1300 726 306

9am-7:30pm Mon-Fri (AEDT)
9am-4pm Sat (AEDT)

Offers free, confidential mental health support and resources for expecting and new parents, including postnatal depression.



ForWhen

1300 24 23 22 9am-4:30pm Mon-Fri

Offers free mental health support and help to access local services



QLife

1800 184 527 3pm-12am (AEDT)
every day

Click [here](#) for their webchat

Provides free support for LGBTIQ+ people and those who support them

