

# Where to find help for mental health

**In an emergency, always contact 000.**

Otherwise a GP is the best place to start to access mental health support. They can direct you to appropriate services and discuss a referral (this includes potential Medicare rebated options).

If you or someone you know needs support with mental health visit the **True Sport - Mental Health and Wellbeing Community Links** page or scan the QR code to find a number of links to organisations that can help.



## Head to Health

Head to Health provides free advice and connection to local mental health services to best suit your needs.

Call 1800 595 212 between 8:30am to 5pm on weekdays (public holidays excluded)



[headtohealth.gov.au](http://headtohealth.gov.au)

## Crises response: responding to a suicide concern or other mental health crises

### Lifeline

24-hour crises counselling



[lifeline.org.au](http://lifeline.org.au)



13 11 14 or  
Text 0477 13 11 14  
(12pm to midnight AEST)  
or chat online

### Suicide call back service

Supporting a suicide concern for you or someone else and suicide bereavement.



[suicidecallbackservice.org.au](http://suicidecallbackservice.org.au)



1300 659 467

## Bereavement and postvention of suicide

### STANDBY

Support and information after a suicide has occurred.



[standbysupport.com.au](http://standbysupport.com.au)



1300 727 247

## Mental health and wellbeing information and support: finding information, responding to a general concern or accessing support

### Beyond Blue

Telephone and online counselling as well as online resources and information.



[beyondblue.org.au](http://beyondblue.org.au)



1300 224 636

### Kids Helpline

Supporting a suicide concern for you or someone else and suicide bereavement.



[kidshelpline.com.au](http://kidshelpline.com.au)



1800 551 800

### Headspace

Supporting a suicide concern for you or someone else and suicide bereavement.



[headspace.org.au](http://headspace.org.au)

**Visit the think mental health website for more providers and more information  
HELP IS AVAILABLE!**