

Emotional Support Resources

General Practitioner	Can provide medical treatment for depression and anxiety or refer you to a psychologist or counsellor in your area.		
Beyond Blue	Addresses issues associated with depression and anxiety in Australia. It is working to reduce the impact of depression and anxiety in the community by raising awareness and supporting recovery, management and resilience.	www.beyondblue.org.au	1300 224 636
Black Dog Institute	Not-for-profit organisation and world leader in the diagnosis, treatment and prevention of mood disorders such as depression and bipolar disorder.	www.blackdoginstitute.org.au	Individual States contact numbers
Cancer Council Australia	Provides information and support for people affected by cancer.	www.cancer.org.au	13 11 20
Carers Australia	Provides unpaid care and support to family members and friends who have a disability, mental illness, chronic condition, terminal illness, an alcohol or other drug issue or who are frail aged.	www.carersaustralia.com.au	1800 242 636
Dads in Distress	Provides the resources and support, either directly or in collaboration, to empower individuals to manage the challenges that placed them at risk.	www.dadsindistress.asn.au	1300 853 437
GriefLine	Provides free counselling support services to individuals and families in times of financial & emotional hardship, terminal illness, carer support, bereavement, isolation, relationships & family issues.	www.griefline.org.au	1300 845 745
Headspace	Provides tailored and holistic mental health support to 12 - 25 year olds. With a focus on early intervention, we work with young people to provide support at a crucial time in their lives to help get them back on track and strengthen their ability to manage their mental health in the future.	www.headspace.org.au	Individual Areas contact numbers
Health Direct	Is a free 24 hour, seven day a week health advice line answered by Registered Nurses for any health issue, helping you make an informed decision about how to manage it.	www.healthdirect.gov.au	1800 022 222
Kids Helpline	Kids Helpline is a free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25 in Australia.	www.kidshelpline.com.au	1800 551 800
Lifeline	National charity providing experiencing a personal crisis with access to 24 hour support and suicide prevention services. This includes personal crisis, anxiety, depression, loneliness, work stressors, family or society, as well as self-help information for friends and family.	www.lifeline.org.au	13 11 14

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Men's Health Australia	Provides information about the social and psychological of men and boys. They provide news, commentary, articles, links and information about events, services, resources and newsletters covering a wide range of topics and issues of relevance to men and boys.	www.menshealthaustralia.net	Individual States contact numbers
MensLine Australia	National telephone and online support, information & referral service for Australian men with a 24 hour professional counselling service.	www.mensline.org.au	1300 789 978
Mens Sheds Association Australia	Specialises in the needs of men, aims to improve their health and wellbeing and reduce the number of men who are at risk from preventable health issues that may emanate from isolation.	www.mensheds.org	1300 550 009
Morrissey (South West organisation)	They are a South West organisation providing 24/7 support to people of all ages affected by disability, including cancer patients. Their services include transport, social and domestic assistance, respite, supported holidays and school holiday programs.	www.mhi.org.au info@mhi.org.au	9725 4699
Sane Australia	Provides the information, guidance, and referral you need to manage mental health concerns.	www.sane.org	1800 187 263
Solaris Cancer Care Counsellor	Solaris Cancer Care counsellors are qualified psychologists and psychotherapists with experience in issues of grief, bereavement, loss and change. They provide a safe and supportive environment for people affected by cancer or a serious illness, where patients, their carer and family can discuss their emotional and practical concerns.	www.solariscancercare.org.au info@solariscancercare.org.au	6383 3475 SCGH 9388 9788 SJOG 9791 1559 SW 9892 2600 GS 9384 3544 Cott
Suicide call back service	Suicide Call Back Service is a nationwide service that provides 24/7 telephone, video and online professional counselling to people who are affected by suicide.	www.suicidecallbackservice.org.au	1300 659 467
The Careline Team	Provides caring, volunteer chat service for anyone seeking prayer or simply someone to talk to. Reasons can include relationship issues, loneliness, financial stress, health, faith, and prayer requests.	www.carelineteam.org.au	1300 302 170
Palliative Care Australia	Provides information about specialist palliative care service providers, palliative care organisations and community support agencies. Palliative care is available to anyone with a life-limiting illness: cancer patients, people living with dementia, chronic conditions or degenerative conditions.	www.palliativecare.org.au	Individual States contact numbers