

Organisation	Contact details
Lifeline	<p>Lifeline Crisis Support – phone 13 11 14 (24 hours/7 days) or</p> <p>Chat to a crisis supporter online (7pm – midnight/7 nights)  <a href="http://www.lifeline.org.au/get-help/online-services/crisis-chat">www.lifeline.org.au/get-help/online-services/crisis-chat</a></p> <p>This is a confidential service providing support to anyone in Australia who is feeling overwhelmed, having difficulty coping, or thinking about suicide. This service also provides advice to anyone caring for that person.</p>
Beyond Blue	<p>Beyond Blue Support Service – phone 1300 224 636 (24 hours/7 days)</p> <p>This service provides free, immediate, short-term counselling, advice and referral to anyone in Australia.</p>
Dementia Australia	<p>The National Dementia Helpline – free call 1800 100 500 between 9.00am to 5.00pm, Monday to Friday.</p> <p>Further information: <a href="http://www.dementia.org.au/helpline">www.dementia.org.au/helpline</a></p> <p>Dementia Australia provides free, confidential support including information about dementia, government support services (including My Aged Care, the Carer Gateway, Centrelink), the services in your area and emotional support to help you manage the impact of dementia. You can also send an email or chat online.</p>
Open Arms	<p>Open Arms Veterans and Families Counselling – phone 1800 011 046 (24 hours/7 days).</p> <p>The service provides free and confidential counselling and group programs specifically designed to support mental health and wellbeing of current and ex-serving Australian Defence Force personnel and their families.</p>
Family and Relationship Services	<p>Family and Relationship Services – phone 1800 050 321</p> <p>Further information: <a href="http://www.familyrelationships.gov.au">www.familyrelationships.gov.au</a></p> <p>Funded by the Department of Social Services, provides support to individuals and families experiencing distress or difficulties in their relationships and lives.</p>
Head to Health	<p>Head to Health – <a href="https://headtohealth.gov.au/">https://headtohealth.gov.au/</a></p> <p>The Australian Government's digital mental health gateway helps people more easily access information, advice, and free or low cost phone and online mental health services and supports, that suit their needs, when and where they need it.</p>