

Helplines

24/7 Crisis Support

QH Mental health access: 13 MH CALL (1300 642 255)

qld.gov.au

Lifeline: 13 11 14 lifeline.org.au

Suicide Call Back Service: 1300 659 467

suicidecallbackservice.org.au

Mental health support

Coronavirus Mental Wellbeing Support Service: 1800

512 348 Coronavirus.beyondblue.org.au

Children and youth

Headspace: 1800 650 890 headspace.org.au

Kids helpline: 1800 55 1800 kidshelpline.com.au

Men

MensLine Australia: 1300 789 978 mensline.org.au

Seniors

My Aged Care: [1800 200 422 myagedcare.gov.au](http://1800.200.422.myagedcare.gov.au)

Complex mental health and careers

SANE Australia: 1800 18 7263 sane.org.au

Eating disorders

Butterfly National Helpline: 1800 ED HOPE (1800 33 4673) butterfly.org.au

Eating disorders qld: (07) 3844 6055

eatingdisordersqueensland.org.au

Loss and trauma

Griefline: 1300 845 745 griefline.org.au

Standby: 0418 656 764 standbysupport.com.au

Disability

National Disability Insurance Scheme: 1800 800 110

ndis.org.au

Disability Information Helpline: 1800 643 787

dss.gov.au

National Counselling and Referral Service:

1800 421 468 dss.gov.au

Alcohol and other drugs

Alcohol and Drug Support: 1800 177 833

adis.health.qld.gov.au

Breakthrough for families: 1300 727 957

liveslivedwell.org.au

Gambling

Gambling help Queensland: 1800 858 858

gamblinghelpqld.org.au

Domestic violence, abuse and assault

DVConnect Womensline: 1800 811 811

dvconnect.org

DVConnect Mensline: 1800 600 636 dvconnect.org

Child Safety, Youth and Women Services: 1800 177

135 csyw.qld.gov.au

Elder Abuse Helpline: 1300 651 192 eapu.com.au

LGBTI

Qlife: 1800 184 527 qlife.org.au

Culturally and linguistic diverse backgrounds

Queensland Transcultural Mental Health Centre: 1800 188 189 Ring 13 14 50 for an interpreter, and request to be connected to the

Queensland Transcultural Mental Health Centre (07) 3317 1234)

Veterans and families

Open arms: 1800 011 046 openarms.gov.au

Department of Veterans' Affairs: 1800 555 254

dva.gov.au

Parents

Parentline: 1300 30 1300 parentline.org.au

PANDA (perinatal anxiety and depression): 1300 726 306 panda.org.au

Carers

Carers' Gateway: 1800 422 737 carergateway.gov.au



Family and relationship

Family and child connect: 12 FAMILY 13 32 64

familychildconnect.org.au

Relationships Australia: 1300 364 277 raq.org.au

Family Relationship Advice Line: 1800 050 321

familyrelationships.gov.au

Peer support groups

Grow Australia: 1800 558 268 grow.org.au

Loneliness

E-friend: Book a free call at efriend.org.au

Homelessness

Queensland Homeless Hotline: 1800 474 753

qld.gov.au

Financial

National Debt Helpline: 1800 007 007 ndh.org.au

Good Shepherd Microfinance: [13 64 57](http://136457)

goodshepardmicrofinance.org.au

