

Helplines

Mental health support

Coronavirus Mental Wellbeing Support
Service: 1800 512 348

[Coronavirus.beyondblue.org.au](https://www.coronavirus.beyondblue.org.au)

Children and Youth

Headspace: 1800 650 890 [headspace.org.au](https://www.headspace.org.au)

Kids helpline: 1800 55 1800

[kidshelpline.com.au](https://www.kidshelpline.com.au)

Men

MensLine Australia: 1300 789 978

[mensline.org.au](https://www.mensline.org.au)

Seniors

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

[myagedcare.gov.au](https://www.myagedcare.gov.au)

Complex mental health and careers

SANE Australia: 1800 18 7263 [sane.org.au](https://www.sane.org.au)

Eating disorders

Butterfly National Helpline: 1800 ED HOPE

(1800 33 4673) [butterfly.org.au](https://www.butterfly.org.au)

Eating disorders qld: (07) 3844 6055

[eatingdisordersqueensland.org.au](https://www.eatingdisordersqueensland.org.au)

Loss and Trauma

Griefline: 1300 845 745 [griefline.org.au](https://www.griefline.org.au)

Standby: 0418 656 764

[standbysupport.com.au](https://www.standbysupport.com.au)

Disability

National Disability Insurance Scheme: 1800
800 110 [ndis.org.au](https://www.ndis.org.au)

Disability Information Helpline: 1800 643 787

[dss.gov.au](https://www.dss.gov.au)

National Counselling and Referral Service:

1800 421 468 [dss.gov.au](https://www.dss.gov.au)

Alcohol and other drugs

Alcohol and Drug Support: 1800 177 833

[adis.health.qld.gov.au](https://www.adis.health.qld.gov.au)

Breakthrough for families: 1300 727 957

[liveslivedwell.org.au](https://www.liveslivedwell.org.au)

Gambling

Gambling help Queensland: 1800 858 858

[gamblinghelpqld.org.au](https://www.gamblinghelpqld.org.au)

Domestic violence, abuse and assault

DVConnect Womensline: 1800 811 811

[dvconnect.org](https://www.dvconnect.org)

DVConnect Mensline: 1800 600 636

[dvconnect.org](https://www.dvconnect.org)

Child Safety, Youth and Women Services:

1800 177 135 [csyw.qld.gov.au](https://www.csyw.qld.gov.au)

Elder Abuse Helpline: 1300 651 192

[eapu.com.au](https://www.eapu.com.au)

LGBTI

Qlife: 1800 184 527 [qlife.org.au](https://www 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](https://www.openarms.gov.au)

Department of Veterans' Affairs: 1800 555 254

[dva.gov.au](https://www.dva.gov.au)

Parents

Parentline: 1300 30 1300 [parentline.org.au](https://www.parentline.org.au)

PANDA (perinatal anxiety and depression):

1300 726 306 [panda.org.au](https://www.panda.org.au)

Carers

Carers' Gateway: 1800 422 737

[carergateway.gov.au](https://www.carergateway.gov.au)

Family and Relationship

Family and child connect: 12 FAMILY 13 32 64

[familychildconnect.org.au](https://www.familychildconnect.org.au)

Relationships Australia: 1300 364 277

[raq.org.au](https://www.raq.org.au)

Family Relationship Advice Line: 1800 050

321 [familyrelationships.gov.au](https://www.familyrelationships.gov.au)

Peer support groups

Grow [Australia](https://www.grow.org.au): 1800 558 268 [grow.org.au](https://www.grow.org.au)

Loneliness

[E-friend](https://www.efriend.org.au): Book a free call at [efriend.org.au](https://www.efriend.org.au)

Homelessness

Queensland Homeless Hotline: 1800 474 753

[qld.gov.au](https://www.qld.gov.au)

Financial

National Debt Helpline: 1800 007 007

[ndh.org.au](https://www.ndh.org.au)

Good Shepherd Microfinance: [13 64 57](https://www.goodshepardmicrofinance.org.au)

[goodshepardmicrofinance.org.au](https://www.goodshepardmicrofinance.org.au)

24/7 Crisis Support

QH Mental health access: 13 MH CALL (1300 642
255) [qld.gov.au](https://www.qld.gov.au)

Lifeline: 13 11 14 [lifeline.org.au](https://www.lifeline.org.au)

Suicide Call Back Service: 1300 659 467

[suicidecallbackservice.org.au](https://www.suicidecallbackservice.org.au)