



Information for former staff and students

In an emergency, call Triple Zero (000) or for police assistance call 131 444.

Crisis Support

Access Mental Health

The Canberra Health Services Access Mental Health Team is available 24 hours, 7 days per week, for people who have concerns about their own or someone else's mental health. They provide information, make recommendations, and/or refer you for further mental health support.

1800 629 354 [More information](#)

Lifeline

24-hour crisis support by phone [13 11 14](tel:131114), text 0477 13 11 14 and web chat <https://www.lifeline.org.au/crisis-chat/>

Beyond Blue

Free, confidential, telephone or online counselling available 24-hours by phone [1300 224 636](tel:1300224636) or [webchat](#)

MensLine

Free 24-hour support, referrals and counselling services for men by phone [1300 789 978](tel:1300789978) [webchat, or video counselling](#)

Kids Helpline

24-hour support is available for people up to age 25 <https://kidshelpline.com.au/young-adults> by phone 1800 551 800 or [webchat](#)

Non-urgent support

- List of [Contacts and Community Services](#) prepared by ANU Counselling

- **Head to Health (18+)**

A free service that connects you with the right mental health support in the Canberra region.

- Walk in to Head to Health's Marcus Clarke Street premises M-F
- Call 1800 595 212
- Go online to request a callback <https://canberraheadtohealth.com.au/>

- **MindMap ACT Youth Portal (up to age 25)**

A free service that helps you navigate Canberra's mental health system and find the right service and support. Get help to find a service by phone [1800 862 111](tel:1800862111) (11am-10pm 7 days a week except public holidays, 12-8pm), email support@mindmap.act.gov.au or [webchat](#)

MindMap's **Active Hold program** can provide free support during long waiting periods to access services <https://www.mindmap.act.gov.au/s/active-hold>

- If you are working, your employer may provide an **Employee Assistance Program**.