



Useful Mental Health Contacts

Crisis Support (*urgent, dangerous or time-critical situations*)

Emergency	24-hour emergency assistance (Police, Fire, Ambulance)	000 112 (GSM mobiles)
ACT ACCESS Mental Health	24-hour mental health emergency access & support (formerly Crisis, Assessment & Treatment Team)	1800 629 354 (02) 6205 1065
ANU Wellbeing & Support Line	Available 24 hours, 7 days a week including public holidays	1300 050 327 0488 884 170 (SMS)
Lifeline	24-hour telephone counselling - Cost of local call (fixed lines).	13 11 14
Kids Helpline	24-hour helpline for people aged 5-25 years	1800 551 800
Suicide Call Back Service	24-hour crisis counselling and call back service	1300 659 467
Domestic Violence Crisis Service (DVCS)	24-hour domestic violence crisis assistance	(02) 6280 0900
1800 RESPECT	24-hour national sexual assault & domestic violence crisis counselling line	1800 737 732
MensLine	24-hour telephone counselling & support for men	1300 78 99 78
HealthDirect	24-hour medical & health advice line staffed by registered nurses	1800 022 222 (02) 6207 7777
Poisons Information Line	24-hour advice by medical professionals on acute or chronic poisoning	131 126

Private Provider Databases (*costs involved*):

APS Find a Psychologist	An online directory to help you find a private psychologist for counselling and support: https://psychology.org.au/find-a-psychologist
AASW Find a Social Worker	An online directory to help you find a private social worker for counselling and support: https://www.aasw.asn.au/find-a-social-worker/search/
Your Health in Mind: Find a Psychiatrist	An online directory to help you find a psychiatrist https://www.yourhealthinmind.org/find-a-psychiatrist

Alternative Support (*during business hours, free or low cost*):

ANU Counselling	On-campus free counselling for currently enrolled students	(02) 6125 2211, option 1 Counselling.Centre@anu.edu.au
ANU Medical Centre	On-campus health service staffed by doctors and nurses	(02) 6125 2211, option 2 Medical.Centre@anu.edu.au
ANU Psychology Clinic	On-campus training, treatment and research centre offering specialised psychological services to the community	(02) 6125 8498 psychology.clinic@anu.edu.au
Safe Haven Belconnen	A safe, welcoming space for those facing suicidal thoughts, emotional distress, mental health	(+61) 421154147 hello@stride.com.au

	concerns, or loneliness. It's a non-clinical haven for connection and support	https://stride.com.au/mental-health-services/?type=Individual%20and%20Group%20Supports&id=0012w00000sbchuAAA
headspace Canberra	Mental health, physical health (including sexual health), alcohol and other drug services, as well as work and study support (12-25 years)	(02) 6113 5700 hcinfo@gph.org.au
headspace Tuggeranong		(02) 6298 2920 info@headspacetuggeranong.org.au
headspace Queanbeyan		(02) 5131 1500 hs.Queanbeyan@marathonhealth.com.au
The Junction Youth Health Service	Free health service for people 12-25 years old (includes counselling)	(02) 6232 2423 junctioninfo@anglicare.com.au
Akkadian Health	A united group of psychiatrists, technologists, and business executives committed to making high-quality and affordable healthcare accessible to all, anytime, anywhere	1800 950 886 reception@akkadianhealth.com.au
Next Step (Marymead CatholicCare)	A free, confidential and evidence-based psychological support service	(02) 6162 6111 NextStepIntake@catholiccare.cg.org.au
Canberra Rape Crisis Centre	Provides free crisis lines, counselling, advocacy, and community education for people who have experience any form of sexual abuse	(02) 6247 2525 0488 586 518 (SMS only) (7am - 11pm)
Directions Health Services	Delivers programs and services to people impacted by alcohol, drugs and other addictions	(02) 6132 4800 reception@directionshealth.com directionshealth.com
Dhunlung Yarra Service (provided by Relationships Australia)	Provides confidential, flexible and culturally appropriate support for Aboriginal and Torres Strait Islander families and communities	1300 364 277
Eating Disorders Clinical Hub	The central referral point for eating disorder services in the ACT.	The switchboard handles all calls to, from and within the hospital 24 hours/seven days a week https://www.canberrahealthservices.act.gov.au/services-and-clinics/services/eating-disorders-clinical-hub
Psych2U	An affordable and convenient service, servicing all of Australia including rural and remote locations	1300 472 866 support@psych2u.com.au https://psych2u.com.au/
Service Assisting Male Survivors of Sexual Assault	Offers counselling and support to men over the age of 16 in the ACT and surrounding region, and their supporters, to recover from the effects and impacts of sexual assault or childhood sexual abuse	(02) 6247 2525 samssa@crcc.org.au samssa.org.au
Someone.health	Medicare bulk-billed, affordable and convenient online psychology sessions available when you want, Australia wide	https://someone.health/ Live Chat hours: Mon-Fri 9am-6pm, Sat-Sun 9am-12pm
The Talk Shop	A group of dedicated psychologists who provide access to high-quality counselling and psychology for everyone	1300 224 665 reception@thetalkshop.com.au https://www.thetalkshop.com.au/

Women's Health Service	Offers free services for women, by women including nursing, medical, nutrition and counselling for vulnerable women in the ACT and region	(02) 5124 1787 canberrahealthservices.act.gov.au/services-and-clinics/services/womens-health-service
Winnunga Nimmityjah Aboriginal Health and Community Services (WNAHCS)	An Aboriginal community controlled primary health care service operated by the Aboriginal and Torres Strait Islander community of the ACT	(02) 6284 6222
QLife	Provides free Australia-wide anonymous, LGBTI peer support and referral for people wanting to talk about a range of issues including sexuality, identity, gender, bodies, feelings or relationships	1800 184 527 (3PM - midnight, 7 days) https://qlife.org.au/

Mental Health Website Resources

- **Alcohol and Drug services** – information, advice, & support for those affected directly or indirectly by drug & alcohol issues <http://www.health.act.gov.au/our-services/alcohol-and-other-drugs>
- **Alcohol & Drug Counselling Online: a Turning Point Service** – free online 24/7 Drug and Alcohol Counselling for tertiary students with information, tools and advice on drugs and alcohol <https://www.counsellingonline.org.au/>
- **Anxiety Self-help** – information about managing anxiety disorders and phobias <http://www.anxieties.com/>
- **Beyond Blue** – national organisation offering information and advice on mental health issues especially depression and anxiety <http://www.beyondblue.org.au/>
- **Black Dog Institute** – offers evidenced-based information and resources for mental wellbeing <http://www.blackdoginstitute.org.au/>
- **Centre for Clinical Interventions (CCI)** – high quality interactive workbooks, strategies and self-help information on a range of mental health topics <http://www.cci.health.wa.gov.au/>
- **e-couch** – a free interactive web-based self-help program for issues such as general anxiety, social anxiety and depression www.ecouch.com.au
- **Medicare Mental Health Centres** – provide free, immediate, short and medium-term care to anyone <https://www.health.gov.au/our-work/medicare-mental-health-centres>
- **InsideOut** - Australia's national institute for research, translation and clinical excellence in eating disorders <https://insideoutinstitute.org.au/>
- **Self Help Resources for Mental Health Problems** - the Centre for Clinical Interventions (CCI) has produced resources for consumers and healthcare professionals to assist in providing interventions for mental health problems <https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>
- **moodgym** – a free interactive online program teaching skills to cope with life's problems, including CBT for preventing depression <https://moodgym.com.au/>
- **ReachOut** – an interactive site for young people with help, information, and support for a range of issues, including fact sheets, stories, forums and videos <http://au.reachout.com/>
- **SANE Australia** – online and telephone helpline, fact sheets, podcasts/videos, mental health campaigns, stigma reduction & research. <http://www.sane.org/> or 1800 187 263.
- **Self Compassion** - a collection of information and resources centred on self-compassion to assist in enhancing emotional wellbeing and self-kindness <https://self-compassion.org/resources-2/#other-sites>