

let's talk

mental health phone services



IN AN EMERGENCY ALWAYS CALL 000

Alcohol and Other Drugs Information Service (ADIS) 1800 422 599

The ADIS is a confidential information, advice, referral and support service. Available 24/7, the service provides information such as safer injecting advice, parental advice and information on detoxification.

Beyond Blue Support Service 1300 224 636

The Beyond Blue Support Service offers 24/7 confidential telephone support, counselling and referrals from trained mental health professionals. All calls and chats are one-on-one and are completely confidential.

Carer Line 1800 242 636

This telephone support, information, counselling and referral service is available from 9am to 5pm weekdays. This service is staffed by experienced carer support officers and is available to carers, service providers and community members.

Gambling Help 1800 858 858

Gambling Help is a telephone and online support service for people affected by problem gambling. The service is available 24/7 and provided by experienced professional counsellors.

Kids Helpline 1800 55 1800

The Kids Helpline is a 24/7 confidential support and counselling service specifically for young people aged 5 to 25 years. Kids can contact the service about a wide range of issues, from everyday issues such as family, friends or school, to more serious issues such as abuse, mental illness, drug and alcohol use, homelessness and suicide. Counselling can be provided online, via email or over the telephone.

Lifeline 13 11 14

Anyone across Australia experiencing a personal crisis or thinking about suicide can contact Lifeline's confidential crisis support service. Trained volunteers are available 24/7 to listen and provide support and referrals.

MensLine 1300 789 978

MensLine Australia is a 24/7 telephone and online support, information and referral service for men with family and relationship concerns. The service is staffed by professional counsellors, experienced in men's issues.

NSW Mental Health Line 1800 011 511

The NSW Mental Health Line is a 24/7 telephone assessment and referral service, staffed by mental health clinicians. This service can provide advice about clinical symptoms, the urgency of the need for care and information about local service providers.



ParentLine NSW 1300 1300 52

Parent Line NSW is a confidential telephone counselling, information and referral service for parents and carers of children aged 0 to 18. Trained professional counsellors are available from 9am to 9pm weekdays and from 4pm to 9pm weekends.

Suicide Callback Service 1300 659 467

The Suicide Callback Service provides free phone, video and online counselling for anyone affected by suicide. Staffed by professional counsellors with specialist skills in working with suicide-related issues, the service can provide ongoing counselling or referrals to appropriate services.

Butterfly's National Helpline 1800 334 673

Butterfly's National Helpline offers personalised support, coping strategies, guidance, information and referrals, from professionally trained counsellors by telephone, email or webchat. The service is available to people suffering from eating disorders or body image issues, and their loved ones, from 9am to 9pm Monday to Friday.

1800 RESPECT 1800 737 732

This service provides 24/7 sexual assault, family and domestic violence counselling by qualified, experienced counsellors. This service is for anyone who has experienced, or at risk of physical or sexual violence, as well as those concerned about someone else.

Call my GP:

Name:	<input type="text"/>
Number:	<input type="text"/>
Address:	<input type="text"/>



W: www.ramhp.com.au

E: ramhp@newcastle.edu.au

