



Digital and telephone supports for mental health during COVID-19

11/09/2020

Support when and where you need it

The Australian Government has strengthened a number of digital and telehealth support services, including for vulnerable people and those with severe and complex needs.

There are a number of ways you can get help.

- Coronavirus Mental Wellbeing Support Service is specifically designed to help people through the COVID-19 pandemic.
Ph: **1800 512 348** | <https://coronavirus.beyondblue.org.au>
- COVID-19 Support Line for Senior Australians offers mental health support for senior Australians, their families and carers.
Ph: **1800 171 866**
- Head to Health is a good place to start if you, or someone you care about, needs help managing anxiety and worry. It provides access to free and low cost telephone and online mental health and support services.
www.headtohealth.gov.au

Crisis Support

Anyone experiencing distress can seek immediate advice and support through the following services.

- Lifeline Australia is a crisis support service that provides short-term support for people who are having difficulty coping or staying safe. This is a 24 hour service.
Ph: **13 11 14** | www.lifeline.org.au
- Kids Helpline is a free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25 years.
Ph: **1800 55 1800** | www.kidshelpline.com.au
- MensLine Australia is a telephone and online counselling service for men.
Ph: **1300 78 9978** | www.mensline.org.au

- Suicide Call-Back Service is available for anyone considering suicide, living with someone who is considering suicide, or bereaved by suicide.

Ph: **1300 659 467** | www.suicidecallbackservice.org.au

Young People

- headspace provides young people from 12 to 25 years old with free or low cost services.
www.headspace.org.au
- ReachOut Australia has practical supports, tools and tips for young people and their parents. It aims to help young people get through everyday issues and tough times.
www.au.reachout.com
- Satellite Foundation supports children and young people who have a parent with a mental illness. The Foundation offers peer support and interactive workshops that support and empower young people.
www.satellitefoundation.org.au

Eating Disorders

- The Butterfly Foundation provides support for Australians concerned by eating disorders or body image.
Ph: **1800 334 673** | www.butterfly.org.au
- Eating Disorders Families Australia provides online support groups for carers of people suffering from an eating disorder.
www.edfa.org.au

Other Services

- Blue Knot Foundation provides counselling services for people experiencing the effects of childhood trauma and those who support them, either privately or professionally.
Ph: **1300 657 380** | www.blueknot.org.au
- Independent Community Living Australia offers an eFriend service. The service provides virtual peer support for people who may be experiencing loneliness or struggling with anxiety or depression.
Ph: **02 9281 3338** | www.efriend.org.au

- MindSpot provides assessment and treatment courses for Australian adults who are experiencing difficulties with anxiety, stress, depression, low mood and sadness.
Ph: **1800 61 44 34** | www.mindspot.org.au
- PANDA is a national helpline to support individuals and families to recover from perinatal anxiety and depression.
Ph: **1300 726 306** | www.panda.org.au
- QLife provides anonymous and free LGBTIQ+ peer support and referral.
Ph: **1800 184 527** | www qlife.org.au
- SANE Australia provides peer support, counselling, information and referrals to adults identifying as having a complex mental health issue or trauma and distress.
www.sane.org.au
- Yarning SafeNStrong helpline is a confidential crisis line supporting the social and emotional wellbeing of Aboriginal and Torres Strait Islanders living in Victoria.
Ph: **1800 959 563** | www.vahs.org.au/yarning-safenstrong

Support if you live in Victoria

The Australian Government has established 15 new *HeadtoHelp* mental health clinics to further support Victorians to get the help they need, when they need it.

These *HeadtoHelp* clinics are a free service, and you can visit these clinics in person or via the phone to talk to a mental health professional about your needs.

Ph: **1800 595 212** | www.headtohelp.org.au