

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 or 6205 1065
ANU Wellbeing & Support Line	Available 24 hours, 7 days a week including public holidays	1300 050 327 or SMS Text 0488 884 170
Lifeline	24-hour telephone counselling - Cost of local call (fixed lines).	13 11 14
Kids Helpline	24-hour crisis line for people aged 5-25 years	1800 551 800
Suicide Call Back Service	24-hour crisis counselling and call back	1300 659 467
Domestic Violence Crisis Service (DVCS)	24-hour domestic violence crisis assistance	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 6207 7777
Poisons Information Line	24-hour advice by medical professionals on acute or chronic poisoning	131 126

Private Provider Databases (*Costs involved*):

Find a Psychologist (Australian Psychological Society)	An online directory to help you find a private psychologist for counselling and support: https://psychology.org.au/find-a-psychologist	
Find a Social Worker	An online directory to help you find a private social worker for counselling and support: http://www.aasw.asn.au/directory-advanced	
Find a Psychiatrist (Royal Australian and NZ College of Psychiatrists)	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	6125 2211, option 1 E: Counselling.Centre@anu.edu.au
ANU Medical Centre	On-campus health service staffed by doctors and nurses	6125 2211, option 2 E: Medical.Centre@anu.edu.au
Headspace ACT Headspace Queanbeyan	Mental health & substance use support & treatment (12-25 years)	5109 9700 E: hs.canberra@marathonhealth.com.au 6298 0300 E: info@headspacequeanbeyan.org.au
The Junction Youth Health Service	Free health service for people 12-25yrs old (includes counselling)	6232 2423 E: junctioninfo@anglicare.com.au
Catholic Care	Case management, outreach, counselling & support (e.g. youth, family, disability & aged care)	6162 6100 Web: catholiccare.cg.org.au
Directions ACT	Drug & alcohol support & counselling service	6132 4800 Web: https://www.directionshealth.com

Canberra Rape Crisis Centre & SAMSSA	Counselling & ongoing support for those affected by sexual assault	6247 2525 0488 586 518 (text only) (7am – 11pm)
ACT Women's Health Service	Nursing, counselling & medical support for disadvantaged women	5124 1787 Web: https://www.health.act.gov.au
Q Life	Free Australia-wide anonymous LGBTQIA peer support/referral for issues of sexuality, identity, gender, feelings and relationships	1800 184 527 (3PM - Midnight, 7 days) Web: https://qlife.org.au/ (includes webchat)

Mental Health Website Resources

- **Alcohol & Drug Information Service** – 24-hour 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>) or 6207 9977
- **ANU Counselling** – online brochures (e.g. homesickness, relationships, coping with a crisis, managing exam anxiety), audio clips and other useful links <http://counselling.anu.edu.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 on depression and bipolar disorder <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/>
- **Counselling Online** – Free online 24/7 Drug and Alcohol Counselling for tertiary students with information, tools and advice on drugs and alcohol (formerly Just Ask Us) <https://www.counsellingonline.org.au/>
- **ECouch** – a free interactive web-based self-help program for issues such as general anxiety, social anxiety and depression www.ecouch.com.au
- **Head to Health** – an electronic hub of Australian mental health services and resources, providing high quality information across a range of services and needs <https://headtohealth.gov.au/> (also on Facebook and Twitter).
- **MoodGYM** – a free interactive online program teaching skills to cope with life's problems, including CBT for preventing depression www.moodgym.anu.edu.au
- **Reach Out** – 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 18 SANE (7263).
- **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/>
- **The Unabridged Student Counselling Virtual Pamphlet Collection** – a collection of information pamphlets from many universities on issues ranging from relationships to study tips, relaxation strategies and sexual health <http://www.dr-bob.org/vpc/>