

WHERE TO FIND HELP FOR MENTAL HEALTH


If you or someone you know needs support with mental health visit the [True Sport – Mental Health and Wellbeing Community Links](#) page or scan the QR code to find a number of links to organisations that can help.

Remember – In an emergency contact 000. Otherwise a GP is the best place to start to access mental health support. They can direct you to appropriate services and discuss a referral (this includes potential Medicare rebated options).



HEAD TO HEALTH

Head to Health provides free advice and connection to local mental health services that will be most suitable to your needs. Call 1800 595 212 between 8:30am to 5pm on weekdays (public holidays excluded)

 headtohealth.gov.au


CRISES RESPONSE: RESPONDING TO A SUICIDE CONCERN OR OTHER MENTAL HEALTH CRISES.

LIFELINE

24-hour crises counselling


 lifeline.org.au


 13 11 14

 Text on 0477 13 11 14 (12pm to midnight AEST) or chat online

SUICIDE CALL BACK SERVICE

Supporting a suicide concern for you or someone else and suicide bereavement.


 suicidecallbackservice.org.au


 1300 659 467

BEREAVEMENT AND POSTVENTION OF SUICIDE: SUPPORT IN RESPONDING

STANDBY

Support and information after a suicide has occurred.


 standbysupport.com.au


 1300 727 247

MENTAL HEALTH AND WELLBEING INFORMATION AND SUPPORT: FINDING INFORMATION, RESPONDING TO A GENERAL CONCERN OR ACCESSING SUPPORT.

BEYOND BLUE


Telephone and online counselling as well as online resources and information


 <https://www.beyondblue.org.au/Get-Support/talk-to-a-counsellor>

 1300 224 636

KIDS HELPLINE


Free confidential 24/7 online and phone counselling service for young people aged 5 to 25

 kidshelpline.com.au

 1800 551 800

HEADSPACE

Online, phone support and drop-in centres for 12–25 year olds

 headspace.org.au

VISIT THE TRUE SPORT WEBSITE FOR MORE PROVIDERS AND MORE INFORMATION – HELP IS AVAILABLE!