

# Kookaburra Kids Support Services Handbook 2024



Camps

Activity  
Days

Connect

Supporting  
young people in  
families  
impacted by  
mental illness



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## 24/7 National Helplines

If you or someone you know is at immediate risk of hurting themselves or others call 000.



### **Kids Helpline:** 1800 55 1800

Confidential and private counselling for children and young people from 5 - 25 years.

<https://kidshelpline.com.au>



### **Lifeline:** 13 11 14

Crisis counselling, support groups and suicide prevention.

<https://www.lifeline.org.au>



### **Open Arms - Veterans and Families Counselling:** 1800 011 046

Confidential counselling and support for ADF personnel, veterans and families.

<https://www.openarms.gov.au>



### **13Yarn:** 13 92 76

Crisis service staffed by Aboriginal or Torres Strait Islander crisis supporters.

<https://www.13yarn.org.au/>



### **1800RESPECT:** 1800 737 732

Domestic family and sexual violence counselling service

<https://www.1800respect.org.au>



### **Suicide Call Back Service:** 1300 659 467 (15 years +)

Telephone counselling for people at risk of suicide, bereaved by suicide or experiencing distress.

<https://www.suicidecallbackservice.org.au>



### **Butterfly Foundation:** 1800 33 4673

Telephone counselling, guidance, referrals and resources for people impacted by eating disorders.

<https://butterfly.org.au/get-support/helpline/>

## 24/7 Interpreter Services



### **National Relay Service:** 1300 555 727

24/7 interpreting for Deaf, Hard-of-Hearing and individuals requiring support with speaking or hearing.

<https://www.accesshub.gov.au/about-the-nrs>



### **Non-English Speaker Interpreter Service:** 1300 655 030 | 131 450

Translation service for people who do not speak English.

<https://www.tisnational.gov.au/or/Non-English-speakers/Help-using-TIS-National-services/Immediate-telephone-interpreting-for-non-English-speakers>

## Mental Health Advice



### **National Mental Health Advice - Head to Health:** 1800 595 212

24/7 service that helps you to find mental health services and support based on your location.

Head to Health is a melting pot of 705 digital mental health resources from Australian organisations ranging from apps, online programs and online forums, to phone, chat and email services and websites.

<https://www.headtohealth.gov.au/>



### **Employee Assistance Program (EAP)**

Many organisations provide Employment Assistance Programs that are paid for by your employer and can be accessed confidentially. Usually brief counselling for personal or workplace issues is provided, with 1 - 3 sessions. Information about how to access your workplace's EAP are usually available on your employers intranet, through colleagues, or by contacting Human Resources.



Dear Reader,

We are delighted to welcome you to the *Australian Kookaburra Kids Foundation (AKKF) Support Services Handbook* to provide you with valuable insights into the diverse landscape of mental health services available across Australia in 2024.

At AKKF we deliver our services to young people impacted by family mental illness with the aim of empowering them to build resilience, lifelong knowledge and abilities so they can reach their potential. We recognise that mental health is a vital aspect of our well-being, and access to appropriate services can play a pivotal role in ensuring that all people receive the care and support they need.

We hope that this booklet is a helpful resource to support you when navigating the vast array of mental health services, from helplines and counselling to support groups, and community resources. It is our sincere hope that this information will empower you or your loved ones to make informed decisions regarding mental health care.

Whilst we have made every effort to compile accurate and up-to-date information, it is essential to acknowledge that the landscape of mental health services is constantly evolving. We cannot guarantee the quality or accessibility of the services listed in this booklet, as these factors may change over time. We strongly advise verifying the details, availability, and quality of services directly with the relevant organisations or authorities before seeking assistance.

Your wellbeing is of paramount importance, and we encourage you to take proactive steps to explore and access the mental health services that best suit your needs. If you or someone you know is experiencing a mental health crisis, please reach out to a qualified mental health professional or contact emergency services immediately.

Thank you for being a part of the Australian Kookaburra Kids Foundation (AKKF). We hope this booklet serves as a valuable resource in the journey of you and your family towards a positive sense of mental wellbeing.

Warm regards,



## What is child abuse and neglect?

Child abuse and neglect, whether intentional or unintentional, refers to any behavior that causes physical or emotional harm to a child. This can include neglect, physical, emotional, sexual abuse, and exposure to family violence. If you suspect a child is at risk of harm, report it to the relevant authority in your state even if you are not entirely certain. They will guide you on the next steps.

If you or a child you know are at immediate risk of being hurt, hurting yourself or hurting others call 000.

ACT	<a href="#">Child and Youth Protection</a>	- <b>1300 556 729</b>
NSW	<a href="#">Department of Communities and Justice</a>	<b>13 21 11</b>
NT	<a href="#">Department of Territory Families, Housing and Communities</a>	<b>1800 700 250</b>
QLD	<a href="#">Department of Child Safety, Seniors and Disability Services</a>	After Hours and Weekends: <b>1800 177 135</b> Business Hours Monday to Friday 9am to 5pm: Brisbane and Moreton Bay: <b>1300 682 254</b> Far North Queensland: <b>1300 684 062</b> North Queensland: <b>1300 706 147</b> South East (Logan, , Bayside): <b>1300 679 849</b> • South West (Darling Downs, Toowoomba): <b>1300 683 390</b> • South West (West Moreton, Ipswich): <b>1800 316 855</b> • Sunshine Coast and Central Queensland: <b>1300 703 762</b>
SA	<a href="#">Department of Child Protection</a>	<b>13 14 78</b>
TAS	<a href="#">Department for Education, Children and Young People</a>	<b>1800 000 123</b>
VIC	<a href="#">Department of Families, Fairness and Housing</a>	After Hours and Weekends: <b>13 12 78</b> Business Hours Monday to Friday (8.45am to 5pm): North Division: <b>1300 664 977</b> South Division: <b>1300 655 795</b> East Division: <b>1300 360 391</b> • West Division (Regional and Rural): <b>1800 075 599</b> • West Division (Metro): <b>1300 664 977</b>
WA	<a href="#">Department of Communities</a>	Business Hours: <b>1800 273 889</b> After Hours: <b>1800 199 008</b>



## I am looking for support with Domestic and Family Violence.



### **National Domestic, Family & Sexual Violence Counselling Service: 1800 RESPECT**

Telephone and online web-chat counselling that will work with you to identify what is going on, what you can do and how you can access services and support.

<https://www.1800respect.org.au/>



### **Alannah and Madeline Foundation**

Care programs provide support for children and young people who have experienced violence or trauma to support them to recover and heal – and for their families, carers and communities.

<https://www.alannahandmadeline.org.au/>



### **Commonwealth Bank Domestic and Family Violence Assistance**

If you're experiencing a domestic or family violence situation you can contact the Next Chapter Team who will assess your needs and help you to safely manage your finances to support you to stay safe once you leave a domestic or family violence relationship. You do not need to be a Commbank member to access support.

<https://www.commbank.com.au/support/dv-assistance.html>



### **Friends with Dignity**

Provides financial support, resources, programs and scholarships to support survivors of domestic violence to re-build their lives.

<https://www.friendswithdignity.org.au/about-us/>



### **LegalAid: Family Violence Law Help**

At Family Violence Law Help you can learn about domestic and family violence and the law in Australia. Includes information about advocacy and support services, domestic violence orders, family law, child protection law and where to find help.

<https://familyviolencelaw.gov.au>



### **No To Violence (NTV) - Working with Men: 1300 766 491**

NTV is a men's family violence telephone counselling, information and referral service operating around the country and is the central point of contact for men taking who want to take responsibility for their violent behaviour and make a change. Provides referral pathways.

<https://ntv.org.au>



### **Salvation Army Family and Domestic Violence**

We offer domestic violence help through our refuges, children's and parenting services, counselling, support, men's programs, accommodation and advice to women and children who are experiencing, or who have experienced, family and domestic violence.

<https://www.salvationarmy.org.au/need-help/family-and-domestic-violence/>



### **Southern Cross Kids Camps**

Provides camps across Australia for young people impacted by abuse and/or neglect.

<https://sckc.org.au>



### **What's Ok at Home?**

Provides information about domestic and family violence aimed at young people aged 10 - 17 years. Also provides resources for adults on how to talk to young people about their experiences.

<https://woah.org.au>



## I am looking for support and I don't know where to start.



### **National Association of Services Against Sexual Violence**

Provides a list of appropriate services for adult and child survivors of sexual abuse, assault and/or violence.

<https://www.nasasv.org.au/support-directory>

## I am looking for support for my child.



### **Bravehearts 1800 272 831**

We offer a range of support services for children and young people who have been impacted by child sexual abuse and their non-offending family members. This includes counselling, protective behaviours education, parent support groups and family support groups.

<https://bravehearts.org.au>



### **Raising Children: Information for Parents or Carers**

Child sexual abuse harms children and teenagers mentally and physically, now and into the future. But children who've experienced sexual abuse can and do heal if they get support. This article outlines some strategies for talking to your young person and how to support them.

<https://raisingchildren.net.au/school-age/safety/child-sexual-abuse/child-sexual-abuse-help-and-support-for-children>

## I am looking for support for myself.



### **Blue Knot**

We support adult survivors of trauma, including abuse, and their partners, friends and families. We provide short-term counselling support, information, referrals for ongoing support,

<https://blueknot.org.au>



### **Living Well**

We provide information, encouragement and support to men who have experienced childhood sexual abuse or adulthood sexual assault. Living Well also provides assistance to supporters of these men; their partners, friends, family and service providers.

<https://livingwell.org.au>



### **National Redress Scheme: 1800 737 377**

Redress Support Services (RSS) are for people who have experienced institutional child sexual abuse.

We provide specialist, trauma-informed, culturally safe, survivor centred services. Free, confidential, practical and emotional support is available before, during and after people make, or consider making, an application to the National Redress Scheme.

<https://www.nationalredress.gov.au/support>



### **Survivors and Mates Support Network**

We aim to build a support network that gives voice and agency to male survivors and their supporters. We provide support groups, counselling, monthly drop-in meetings, information and resources.

<https://www.samsn.org.au/>



### **Knowmore**

Free, independent legal advice and support for survivors of child abuse.

<https://knowmore.org.au>





## I think my young person needs mental health support. Where do I start?



### School Counsellor/Psychologist

School counsellors work with students in primary or secondary school and their families, providing support and counselling. They also provide referral/liaison with external agencies to best support your young person's wellbeing.



### General Practitioner (GP)

GPs can provide an initial assessment and refer your young person to the most suitable person for further support (such as a paediatrician, mental health nurse, psychologist, occupational therapist, speech therapist or other health service), GPs can also provide a Mental Health Care Plan, which means that you can access a psychologist for 6 - 10 sessions with a Medicare rebate.

<https://www.healthdirect.gov.au/talking-to-your-doctor-gp-about-mental-health>



### Headspace

Headspace provides early intervention mental health services to 12 - 25 year olds, along with assistance in promoting young peoples' wellbeing. They cover four core areas: mental health, physical health, work and study support. As well as alcohol and other drug services.

<https://headspace.org.au>



### Child and Adolescent/Youth Mental Health Services (CAMHS/CYMHS)

Child and Adolescent/Youth Mental Health Services (CAMHS/CYMHS) are located across Australia and are attached to most major hospitals. They provide support for young people with complex and/or severe mental health problems. This includes: groups for young people and their families, crisis intervention, referrals to other services.

<https://www.healthdirect.gov.au/australian-health-services/all-services/child-and-adolescent-mental-health>

## How do I talk to my young person about mental illness in the family?



### Eastern Health

Sharing age appropriate information with children and young people helps them to understand mental illness. We provide a range of storybooks and fact sheets that can help you to explain mental illness.

<https://www.easternhealth.org.au/services/mental-health-services/families-where-a-parent-has-a-mental-illness-fapmi/information-for-parents-and-carers#sharing-information-talk-about-mental-illness>



### Emerging Minds

We provide resources for families where a parent has a mental illness, their supporters, and services who work with them. Our website has advice on how to talk to young people about your mental health.

<https://emergingminds.com.au/resources/in-focus-talking-with-children-about-parental-mental-health-difficulties/>



### Satellite Foundation

We have information and advice for families when talking with children about their parents' mental health.

<https://www.satellitefoundation.org.au/2021/03/talking-with-children-about-their-parents-mental-health/>



### Young Minds UK

Conversation starters, activity ideas and information to help you to talk about mental health with children of any age provided by a charity from the UK.

<https://www.youngminds.org.uk/parent/how-to-talk-to-your-child-about-mental-health/>



## I am seeking information about parenting and/or how to support young people.



### Parents Beyond Breakup: 1300 853 437

Supports parents experiencing trauma through family breakdown and separation but also acknowledges the specific issues of parent-child contact and 'parental alienation', factors closely linked to stress, anxiety, depression, isolation and suicide. Includes resources for Dads, Mums and Grandparents.

<https://parentsbeyondbreakup.com>



### Parents of Gender Diverse Children

We provide direct support to parents or those parenting a trans or gender diverse person. We can provide information, referrals, peer support and connections within this community.

[https://www.pgdc.org.au/for\\_parents](https://www.pgdc.org.au/for_parents)



### Rainbow Families

Resources, services, programmes and events for LGBTQ+ parents, carers and their kids. These include community events and programmes, family catch-ups, parenting classes, equality campaigns and more.

<https://supportforfathers.com.au>



### Raising Children: The Australian Parenting Website

Free, reliable, up-to-date and independent information to help your family grow and thrive together. Designed for busy families and full of tips and tricks for you to try, our content is easy to find and easy to digest. We have the answers to hundreds of parenting questions, where and when you need them all the way from pregnancy to adulthood.

<https://raisingchildren.net.au>



### Reach Out: One on One Coaching for Parents of Teens

Reach Out is Australia's leading online mental health organisation for young people and their parents. We provide free access to four collaborative sessions with your individual coach, spread over several weeks, allowing you time to try new strategies and techniques. Together with your coach, you will develop a unique action plan that is designed around the strength of your teen and family.

<https://parents.au.reachout.com/common-concerns/mental-health/things-to-try-getting-help/free-parenting-support-from-a-professional>



### Stepfamilies Australia

Whether you are becoming a step parent or you already are one the path can be unpredictable and unclear. Some families merge really well, while others struggle for years. We offer some much needed resources for families contemplating joining and for those who are struggling.

<https://stepfamily.org.au>



### Support for Fathers

Provides dads with options and information about fatherhood, the relationship with their partner and connecting with their kids.

<https://supportforfathers.com.au>



### Triple P: Positive Parenting Program

You can support your child's development, grow closer and solve problems – positively. There are many *simple strategies* you can start using right now, to make every moment count! Free and practice positive parenting courses, which includes a specialist program for babies, anxious kids, and teens.

<https://www.triplep-parenting.net.au/au/triple-p/>



## I am looking for support with grief after pregnancy and/or infant loss.



### **Bears of Hope: 1300 11 HOPE**

We provide support for families who experience the loss of their baby. Our grief counsellors are here to listen with compassion and understanding. They know this pain and are ready for you to share yours.

<https://www.bearsofhope.org.au>



### **Red Nose: 1300 308 307**

Our Bereavement Support Service provides specialised support for anyone affected by miscarriage, stillbirth, baby or child death. With over 40 years of experience supporting grieving families, we understand what you're going through and we're here to help. We are available 24/7 by phone.

<https://rednose.org.au>



### **SANDS**

We are a welcoming, inclusive and compassionate community where bereaved parents and their families can honour and remember their baby and connect with others who've had similar experiences.

<https://www.sands.org.au/who-are-we>



### **Stillbirth Foundation**

We're here for everyone impacted by stillbirth by providing resources for managing your loss and remembering your baby.

<https://stillbirthfoundation.org.au/help-and-support/>

## I am looking for support with grief and loss.



### **Australian Centre for Grief and Bereavement**

Providing everyone with the help they need, while fostering greater recognition and a deeper understanding of the grief experience. Includes counselling and group support for adolescents, workplaces, and family and friends. Offers a specialist program for grief after voluntary assisted suicide.

<https://www.grief.org.au/>



### **Compassionate Friends Australia**

We provide peer support and reach out to parents, siblings and grandparents to offer friendship and to support them in their grief and trauma, following the death of a child at any age and from any cause.

<https://tcfa.org.au>



### **Feel the Magic**

We provide support for young people aged 7 - 17 who are experiencing pain and isolation due to the death of a parent, guardian or sibling (more than 6 months ago). Our camps and programs support young people to work through their experience of grief and loss. Offers a specialist program for young people bereaved through suicide.

<https://feelthemagic.org.au/our-camps/>



### **Griefline 1300 845 745**

Free 20-minute telephone support to all adults who are experiencing grief and loss across Australia. We are available to talk 8am and 8pm, 7 days a week (AEDT). Resources and social support forums are also available on our website.

<https://griefline.org.au>



### **Solace Australia**

We run face-to-face support groups for adults grieving the death of their partner across Australia.

<https://www.solace.org.au/>

## I am looking for multicultural mental health support.



### Embrace Multicultural Mental Health

National platform that provides multicultural communities to access resources, links to services and information in a culturally accessible format. Translations are available in 23 different languages.

<https://embracementalhealth.org.au>



### SSI Equality for Life

Provides settlement support of newcomers and refugees. Offers programs to support employment, education, health, wellbeing and social connection.

<https://www.ssi.org.au/about-us/our-services/>



### Transcultural Mental Health Line: 1800 648 911

Supports people from culturally and linguistically diverse communities by connecting them to experienced clinicians who understand their culture and can communicate in their language.

<https://www.dhi.health.nsw.gov.au/transcultural-mental-health-centre-tmhc/transcultural-mental-health-line-tmhl/transcultural-mental-health-line>

## I am looking for mental health support in my religious community.



### Australian Association for Buddhist Counsellors and Psychotherapists

Provides a list of Buddhist Influenced Counsellors and Psychotherapists across Australia.

<https://www.aabcap.org>



### Blue Dove Foundation (Jewish Community)

Working toward advancing mental health conversations, eradicating shame and educating the community. Looks at mental health through a lens of Jewish faith, spirituality, religion, and culture

<https://thebluedovefoundation.org>



### Centre for Muslim Wellbeing Victoria

Recognises the important role of spiritual wellbeing in Muslim communities and the role of ummah (community) to support people to reach their full potential and purpose.

<https://cmw.org.au>



### Islam Mission of Hope NSW

A culturally, religiously and trauma informed service to the Muslim and other Culturally and Linguistically Diverse communities in Sydney.

<https://missionofhope.org.au>



### Sikh Community Connections

Aim to increase awareness of mental health difficulties in the Punjabi and Sikh community. Helps guide people to culturally informed community resources for mental health.

<http://sikhcc.org.au/portfolio-items/mental-health/>

## I am a refugee or asylum seeker who has experienced torture or trauma.



### NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors

Works with refugees and asylum seekers who have experienced persecution, war, violence or human rights violations before coming to Australia, and are having difficulties as a result.

<https://www.startts.org.au>



### VIC Foundation for Survivors of Torture

Works with refugees and asylum seekers and their families to rebuild lives shattered by torture and other traumatic events.

<https://foundationhouse.org.au>

## I am looking for LGBTIQA+ informed mental health support.



### AusPath

National peak body representing, supporting, and connecting those working to strengthen the health, rights and wellbeing of all trans people – binary and non-binary. Provides a list of affirming mental and physical health care professionals.

<https://auspath.org.au/providers/>



### Black Rainbow

For Aboriginal and Torres Strait Islander Lesbian, Gay, Bisexual, Transgender, Queer, Sisterboy and Brotherboy (LGBTQSB+) people across Australia. Provides community grants for LGBTQSB+ catch-ups and advocacy services.

<https://blackrainbow.org.au/about/#our-mob>



### I CAN Network

Offers an online mentoring program for Autistic teens and young adults, respectively, who are also LGBTIQA+ (including those who are questioning). Also provide links to resources.

<https://icannetwork.online/autistic-lgbtqia/>



### LGBTIQA+ Health Australia

Supporting healthy lesbian, gay, bisexual, trans/transgender, intersex, queer and other sexuality, gender, and bodily diverse people and communities throughout Australia and the world, free from stigma and discrimination.

<https://www.lgbtiqhealth.org.au>



### Minus18

Youth-led network providing information and resources for LGBTQI+ young people. They provide training and run events and digital hang outs across Australia.

<https://www.minus18.org.au>



### QLife: 1800 184 527

Peer support and referrals to services for the LGBTIQA+ community from 3pm to midnight every day.

<https://qlife.org.au>



### Rainbow Families

A community of lesbian, gay, bisexual, transgender, and queer (LGBTQ+) families across Australia, where each family is included, respected and has value! Rainbow Families Inc is the peak organisation supporting LGBTQ+ parents and their children. Provides community catch-ups and advocacy services.

<https://www.rainbowfamilies.com.au/about>



### Transcend Australia

Working towards a world where trans, gender diverse and non-binary children are embraced and given every opportunity to thrive and flourish. Provides resources and referrals to support services.

<https://transcend.org.au>



### Yellow Ladybugs

Supporting and celebrating neurodiversity, autistic girls, women and gender diverse individuals. Provides resources, sensory fidgets and social events online (Australia-wide) and in-person (Melbourne).

<https://www.yellowladybugs.com.au>

## Serving Members and Families



### ADF Equip - Children's Group Resilience Program

For children (5 - 18 years) of serving members especially those impacted by parental absence/relocation. Meet other ADF children, learn positive coping strategies and engage in activities to improve wellbeing. <https://www.defence.gov.au/adf-members-families/family-programs-services/support-for-children/adf-equip-program>



### All-Hours Support Line: 1800 628 036

For serving members and families (available 24/7)

Triageservicethatconnectsor refers you to the most suitable ADF or civilian mental health services (including psychology, medical, social work and chaplain services).

<https://www.defence.gov.au/adf-members-families/health-well-being/services-support-fighting-fit/need-help-now/all-hours-support-line>



### Defence Member and Family Hotline: 1800 624 608 (Outside Australia: +61 2 6127 1600)

For serving members and families

Supportduringacrisis,including counselling and domestic violence support. Assistance with partner employment, families with special needs. Referrals to Educational Liaison Officers and support groups.

<https://www.defence.gov.au/adf-members-families/crisis-support/helplines/defence-member-family-helpline>

## Serving/Ex-Serving Members and Families



### Child and Family Resilience Program: 1800 736 776

For serving and ex-serving members and their families

EarlyChildhoodandschool-aged resourcestosupportdefence families. Provides resources to explain deployment, relocation, parental stress, emotional regulation and more.

<https://ecdefenceprograms.com>



### Department of Veteran Affairs (DVA) Health Support: 1800 VETERAN (838 372)

For serving and ex-serving members and their families

Informationabouthealthandwellbeingservicesavailable, including work and social life programs.

<https://www.dva.gov.au/get-support/health-support>



### Sexual Misconduct Prevention and Response Office: 1800 736 776

For serving and ex-serving members and their families

Immediate andconfidentialhelp fromsocial workersand psychologist for those impacted by sexual misconduct, including support for friends or family members.

<https://www.defence.gov.au/about/contact-us/sexual-misconduct-prevention-response-office>

## Ex-Serving Members and Families



### Buddy Up Australia

For ex-serving defence, police, firefighters and paramedics and their families

Connectionandpurposethroughphysicalactivitiesandvolunteeringactivities.

<https://buddyupaustralia.org>

## Reservists and Families



### Reserve Assistance Program (RAP): 1800 687 327

For serving and ex-serving members and their families

Freecounsellingsupportforpersonaland/orservice-related challenges.

<https://www.defence.gov.au/adf-members-families/health-well-being/services-support-fighting-fit/reservists>



## First Responders (Ambulance, Police, Firefighters and SES)



### **Beyond Blue**

*For First Responders and their families experiencing mental health concerns.*

Information about mental health in emergency services families.

<https://www.beyondblue.org.au/about-us/about-our-work/workplace-mental-health/pes-program>



### **Buddy Up Australia**

*For ex-serving defence, police, firefighters and paramedics and their families*

Connection and purpose through physical activities and volunteering activities.

<https://buddyupaustralia.org>



### **Equipt App**

*For current and former police officers and their families in all jurisdictions.*

Provides tools and practical strategies to help strengthen physical, emotional and social wellbeing; as well as support on effectively managing shift work.

**Available in the [App Store](#) and on [Google Play](#).**



### **FORTEM: 1300 33 95 94**

*For First Responders and their families.*

Free wellbeing activities, psychology and counselling, career-transition support and mental health and wellbeing resources.

<https://fortemaustralia.org.au>



### **MESHA**

*For Emergency Services and ADF personnel and their families across Australia.*

Range of programs to support with understanding identity, improving mental health and overcoming injuries.

<https://mesha.org.au/programs-and-resources/our-programs/>



### **National Emergency Worker Support Service**

*For emergency service workers and volunteers.*

Connect with our leading mental health specialists via telehealth or face-to-face. Access up to 12 sessions with our clinicians free of charge. No referral, Medicare, or GP information required.

<https://www.blackdoginstitute.org.au/national-emergency-worker-support-service/>



### **Quest for Life**

*Provide trauma support for people who have experienced challenging circumstances, including first responders.*

Takes a whole-person and recovery-oriented approach to wellbeing, utilising the latest scientific research into neuroscience and epigenetics. Includes 5-day and weekend programs.

<https://questforlife.org.au/about/>



### **StandBy: Support after Suicide**

*Support for those bereaved or impacted by suicide at any stage in their life, including First Responders.*

Provides free evidence-based face-to-face and/or telephone support and connection to local services and groups.

<https://standbysupport.com.au>



### **The Code 9 Foundation**

*For first responders and triple zero operators with PTSD.*

Provides a safe 'virtual' environment via a private group where members can get support from peers.

<https://www.code9ptsd.org.au>

## I am looking for information about mental health.



### Beyond Blue

BeyondBlue is here to help – whether you're seeking mental health info or qualified support for you or someone else. We provide information about anxiety, depression information about anxiety, depression and suicide to the Australian community.

<https://www.beyondblue.org.au>



### Black Dog Institute

As the only medical research institute in Australia to investigate mental health across the lifespan, our aim is to create a mentally healthier world for everyone. Our evidence-informed fact sheets are suitable for anyone trying to find out more information about mental health conditions, treatments and wellbeing.

<https://www.blackdoginstitute.org.au/resources-support/fact-sheets/>



### WA Centre for Clinical Interventions

Selfhelpresources(information sheets and worksheets) for a range of mental health conditions.

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>

## I am looking for online mental health support for myself or another adult.



### Black Dog Institute Online Clinic

Takes you through a range of clinical assessments for common mental health conditions. At the end you will receive a personalised report with suggested support services and free or low-cost resources for you to access. This report can be downloaded, printed or emailed to share with your family and doctor.

<https://onlineclinic.blackdoginstitute.org.au/>



### MindSpot

Clinical mental health service provided by Macquarie University Health. We deliver confidential psychological assessments and clinically-proven via telephone and online to adults across Australia. Includes online courses about psychological health and wellbeing, OCD, PTSD and Chronic Pain.

<https://www.mindspot.org.au>



### Mental Health Online

Provides comprehensive and effective online services and programs free of charge. If you're experiencing mental distress, our services can help you understand and address your needs through self-assessment, self-help and, if you choose, online professional support. Support for Anxiety, Depression, Social Anxiety, OCD, PTSD, Panic and VR Mindfulness.

<https://www.mentalhealthonline.org.au/>



### SANE: We're people like you

Free digital and telehealth support services for people over 18 years of age with complex mental health needs, and their family, friends and carers. We offer different types and levels of support. Choose from counselling, peer support, online groups and events, 24/7 community forums, and online information and resources. We also provide mental health support to people with intellectual disability, autism or acquired brain injury.

<https://www.sane.org/get-support>



### This Way Up!

Clinical internet-delivered Cognitive Behavioural Therapy (iCBT) programs that support you to unpack your thoughts, emotions and behaviours. Online courses for Depression, Generalised Anxiety, Social Anxiety, Panic, Health Anxiety, OCD, Mindfulness, PTSD, Perinatal Mental Health, Insomnia, Chronic Pain and Stress. Courses are low-cost or can be provided free with a prescription from your GP.

<https://thiswayup.org.au/>





FREE Mental Health and Wellbeing Apps



**BeyondNow Suicide Safety**

*Beyond Blue*

Helps you to make a plan to keep you safe when experiencing suicidal thoughts.



**Our Herd**

*Batyr*

A safe digital space to open up about tough times and to share your story.



**Breathe, Think, Do**

*Sesame Street*

Help a Sesame Street monster friend calm down and solve everyday challenges.



**Raising Healthy Minds**

*Raising Children Network*

Practical tips and information to help you support your child's social and emotional wellbeing.



**Calm**

*Calm.com*

Discover a happier, healthier you through our meditations, Sleep Stories, music, and more.



**ReachOut WorryTime**

*ReachOut Australia*

Helps you to control everyday stress and anxiety by acting as a place to store your daily worries.



**Headgear**

*Black Dog Institute*

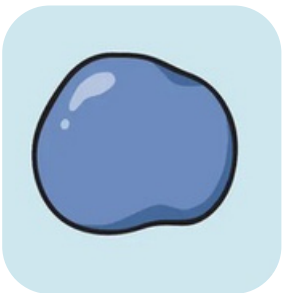
A 30-day challenger for adults with simple activities for connection, sleep and stress.



**Sleep Ninja**

*Black Dog Institute*

Evidence based app shown to be effective in helping young people with sleep problems.



**Niggle**

*Kids Helpline, QUT*

Aniggle is that feeling that just won't go away. Luckily, this app has lots of strategies to help!



**Smiling Mind**

*Smiling Mind*

Evidence based mindfulness meditations for children and adults.





## Australia-Wide Social Groups for Young People



### ADF Cadets: Air Force, Army or Navy

*Community-based youth development programs supporting 13 to 18 year-olds*

Activities focused on Defence customs, traditions and values that help them thrive in a team environment, improve communication skills, and become responsible members of the local community. As a cadet you'll learn leadership, team building and survival skills that will set you up for life.

<https://www.defenceyouth.gov.au/programs/adf-cadets/>



### Girl Guides

*For young people aged 5 to 29 years.*

Provide a variety of fun activities that focus on self-development in the areas of practical skills, physical development and relationships with people, appropriate to age and interests.

<https://www.girlguides.org.au/>



### PCYC Police Citizens Youth Clubs

*For vulnerable, disadvantaged and at-risk children and youth.*

Youth organisation working with Police and community to empower young people to reach their potential. We work with young people to develop their skills, character and leadership.

[Google Search: PCYC Australia](#)



### Parkrun Australia

*For people of all ages.*

Free community event where you can walk, jog, run, volunteer or spectate. Parkrun is 5km and takes place every Saturday morning. On Sundays we have Junior Parkrun (2km) which is dedicated to 4-14 year olds and their families.

<https://www.parkrun.com.au>



### Seventh-Day Adventist Pathfinders

*For young people aged 10 to 15 years.*

Church-centred spiritual-recreational programmed with action, adventure, challenge and group activities while providing opportunities for the development of new attitudes, skills and faith in God.

<https://pathfinder.org.au/join/>



### Scouts

*For young people aged 5 to 25 years.*

Scouting plays an important role in connecting people with the natural world and provides fun youth development activities that build resilience and confidence in young people.

<https://scouts.com.au/what-we-do/youth-program/>



### St John Cadet Division

*For young people aged 11 to 17 years.*

St John Youth is an active youth program for everyday kids. Whilst the emphasis is on first aid you'll also develop leadership and social skills through the programs and activities St John has to offer.

<https://cadets.stjohn.org.au>



### Surf Lifesaving Nippers

*Children aged 5 - 14 years.*

Beach education program that introduces children to lifesaving. The program is about children participating in safe, fun and organised activities in a beach environment; preparing them to be future lifesavers.

[Google Search: Surf Lifesaving Nippers](#)



## Mental Health Crisis

If you or someone you know is at immediate risk of hurting themselves or others call 000.



**Access Mental Health (CRISIS SERVICE) : 1800 629 354 (24 hours)**

*For people experiencing an acute mental health crisis*

Provides over the phone mental health assessments and referrals to mental health services.

<https://www.canberrahealthservices.act.gov.au/services-and-clinics/services/access-mental-health>



**Domestic Violence CRISIS SERVICE: (02) 6280 0900 (24 hours)**

*For people who are experiencing or have experienced domestic and family violence.*

Provides telephone support, access to safe emergency accommodation, safety planning, attendance with police at incidents and referrals to support services.

<https://dvcs.org.au>

## Housing



**OneLink Information and Services: 1800 176 468**

*For those who are homeless or at risk of homelessness*

Provides information and connection to housing support services..

<https://www.onelink.org.au>

## Finances



**ACT Government Cost of Living Support**

*State Government Financial Support for those living in Canberra*

Financial support for bills, healthcare costs, renting or buying a home, transport and sustainable homes.

<https://www.act.gov.au/cost-of-living-support>



**Financial Assistance for Families (Government Schools): 6207 0818**

*For those with children enrolled in public schools (means-tested)*

Financial support (means-tested) for students to access everyday essentials such as meals, personal hygiene products, school uniforms, book packs, stationery & school excursions/camps.

<https://www.education.act.gov.au/support-for-our-students/financial-and-resource-assistance-for-families>

## Aboriginal and Torres Strait Islander Services



**National Aboriginal Community Controlled Health Organisation**

*For Aboriginal and Torres Strait Islander peoples in Broken Hill and remote communities.*

Provides a list of all Aboriginal Community Controlled Health Organisations (ACCHOs) in Australia. These organisations are run by Aboriginal and Torres Strait Islander peoples for their community and provide mental health support, family and youth programs, cultural services and more.

<https://www.naccho.org.au/naccho-map/>



**Gugan Gulwan Youth Aboriginal Corporation: (02) 6296 8900**

*Young people experiencing anxiety and/or depression (if not eligible for Headspace support).*

Youth Outreach Program, Community Arts and Music Programs, Tutoring, Young Men Mentoring (8 - 12 years), Young Women Mentoring (12 - 15 years), drop-in centre, tutoring program and holiday programs.

<https://gugan-gulwan.com.au/group-programs/>



## Free/Low Cost Counselling or Psychology Services



### Anglicare

*For all people in the ACT and surrounds.*

Provides services from crisis intervention to achieve social justice and provide opportunities for people in need to reach fullness of life, long-term support.

<https://www.anglicare.com.au>



### CatholicCare Next Step Psychological Intervention Service: (02) 6163 7600

*Young people experiencing anxiety and/or depression (if not eligible for Headspace support).*

Free for coaching/therapy for low-income families or available at cost. Cool Kids Anxiety Group Program (10-sessions), which supports young people to develop strategies to manage their anxiety.

<https://mccg.org.au/services/next-step-2/>



### Marymead CatholicCare ACT

*For young people and their families.*

Housing support, counselling, domestic and family violence program, parenting, alcohol and other drugs, mental health and youth programs.

<https://mccg.org.au>



### Relationships Australia Canberra and Region

*For all people in Canberra and its surrounds, including those from diverse backgrounds.*

Counselling, domestic violence support, family separation support, group workshops and online courses.

<https://racr.org.au>



### University Psychology Clinics

Many universities have psychology clinics that provide low-cost psychological therapy and assessment usually from provisionally registered counsellors or psychologists who are overseen by registered professionals.

ANU Australian National University [Psychology Clinic](#) or [eTherapy \(online\) Psychology Clinic](#)

University of Canberra [Health Clinic - Psychology](#)

## Parenting Support



### Aboriginal Corporation Parenting Support

*Aboriginal and Torres Strait Islander Families*

Parenting Our Way program provides culturally-driven parenting advice, information and support.

<https://gugan-gulwan.com.au/group-programs/parenting-our-way-program/>



### Capital Region Community Services

*For parents or carers of young people aged up to 10 years.*

Offers Circle of Security, a free eight-week parenting program designed to enhance attachment and security between parents and children up to the age of ten years.

<https://crs.com.au/programs-services/circle-of-security/>



### CatholicCare Reconnect ACT: (02) 6163 7600

*Families experiencing conflict with their teenager(s) aged 12 - 18 years.*

Free face-to-face service (Youth and Family Workers) that supports families to work through a range of issues to achieve family reconciliation. Provides support for young people to access employment, education, training and other community activities.

<https://mccg.org.au/services/reconnect-act-2/>



## Canberra Services



### Anglicare CYCLOPS Program (Young Carers)

Connecting Young Carers (Under 25) who care for family members with mental health (and more) to Life Opportunities and Personalised Support.

Information and advice, family case management, advocacy, educational support and social groups (e.g., laser tag, cooking classes, cinema visits).

<https://www.anglicare.com.au/services/youth-family/young-carers/>



### Bungee Youth Resilience Art Program: (02) 6264 0200

Young people aged 5 - 18 years who need support with their emotional wellbeing.

Free resilience building group program that supports young people to develop their new and existing artistic skills in a safe, supportive and inclusive environment. Involves weekly sessions over 8 weeks.

<https://crccs.com.au/programs-services/wellbeings/bungee-youth-resilience/>



### Capital Health Network

For people living or working in Canberra.

List of low-cost/free mental health support services in the region for those requiring early intervention to high levels of support.

<https://www.chnact.org.au/for-health-professionals/mental-health-programs/>



### Child and Family Centres

For parents or carers of young people aged up to 8 - 12 in Tuggeranong, Gungahlin & Belconnen.

Community-based hubs providing families with young children. Provides information, support and services to help parents and guardians support their children's health, learning and development.

<https://www.communityservices.act.gov.au/children-and-families/support-for-parents-and-families/childandfamilycentres>



### Fearless Women: 0481 576 507

Girls and young women aged 10 - 25 years.

Free mentoring and counselling support to support young women to find their voice and live life fearlessly.

<https://fearlesswomen.org.au/what-we-do/>



### Melaleuca Place:

Young people aged 0 - 12 who have experienced child abuse and neglect.

Provides services that help children understand and work through the trauma that has happened, their emotions and to learn to trust again.

<https://www.communityservices.act.gov.au/children-and-families/child-and-youth-protection/trauma-recovery-centre>



### St Vincent DePaul Youth Programs: (02) 6296 1292

Young people aged 6 - 15 whose childhood has been impacted by circumstances beyond their control.

Provides a range of programs with weekend activities, overnight camps, school-holiday camps to support young people to share relatable life experiences, make new friends and engage with positive role models.

<https://www.vinnies.org.au/act-surrounds/help/youth-programs>



### Young Carers ACT: (02) 6296 9900

For young carers (up to age 25) who provide support unpaid care to a family member living with mental illness and more (beyond what a child might usually do).

Information and advice, counselling and support groups, educational support and social groups (e.g., art therapy, social support group)

<https://www.carersact.org.au/for-carers/young-carers/>

## Mental Health Crisis

If you or someone you know is at immediate risk of hurting themselves or others call 000.



### **NSW Mental Health Advice Line: 1800 011 511 (24 hours)**

*For people experiencing an acute mental health crisis*

Confidential mental health telephone triage service that provides the first point of contact to public mental health services.

<https://www.health.nsw.gov.au/mentalhealth/Pages/mental-health-line.aspx>



### **NSW Domestic Violence Line**

*For people who are experiencing or have experienced domestic and family violence. I*

*nformation on how to get help and support, emergency housing, understanding domestic and sexual violence, sexual consent and the law, legal help, how to stay safe.*

<https://dcj.nsw.gov.au/children-and-families/family-domestic-and-sexual-violence.html>

## Housing



### **Link2Homelessness**

*For those who are homeless or at risk of homelessness*

For information, assessment or referral to homelessness services and support in NSW. Available from 9am to 10pm daily.

<https://homelessnessnsw.org.au>

## Finances



### **Salvation Army Financial Assistance**

*For people living in NSW who are experiencing financial hardship.*

Free confidential financial counselling, financial skills building program, financial coaching and no interest loans for people on low-incomes.

<https://www.salvationarmy.org.au/need-help/financial-assistance/>



### **Service NSW Concessions, rebates and assistance**

*For families living in NSW.*

By answering the tailored questions in our Service NSW Savings Finder tool, we can help you to find rebates and vouchers relevant to you. Financial support including vouchers for young people to participate in swimming lessons, sport and/or creative pursuits.

<https://www.service.nsw.gov.au/campaign/savings-finder>



### **St Vincent DePaul Society Financial Assistance**

*For people living in NSW who are experiencing financial hardship.*

Emergency relief assistance. Material assistance includes physical goods or financial support to pay bills.

Non-material assistance includes advice, information or referrals to other services.

<https://mavs.vinnies.org.au/assistance/emergency-relief/>

## Aboriginal and Torres Strait Islander Services



### **National Aboriginal Community Controlled Health Organisation**

Provides a list of all Aboriginal Community Controlled Health Organisations (ACCHOs) in Australia. These organisations are run by Aboriginal and Torres Strait Islander peoples for their community and provide mental health support, family and youth programs, cultural services and more.

<https://www.naccho.org.au/naccho-map/>

## Free/Low Cost Counselling or Psychology Services



### CatholicCare

*For all people across NSW.*

CatholicCare works with the community to provide holistic support with relationships, parenting, ageing, disability, pastoral services and mental wellbeing.

[Google Search: CatholicCare](#)



### Grand Pacific Health

*For people across NSW.*

Offer a range of low or no-cost therapy, counselling, youth mental health and support services.

<https://www.gph.org.au>



### PIMHS Perinatal Mental Health Service

*For women and parents with severe, complex or acute mental illness and a child under the age of 2.*

Provide counselling and parent-infant therapies to help you manage your mental health needs and everyday routines and support in taking care of your baby or toddler.

<https://www.health.nsw.gov.au/mentalhealth/services/parents/Pages/perinatal-infant-mental-health-services.aspx>



### Psychology Clinics

Many universities have psychology clinics that provide low-cost psychological therapy and assessment usually from provisionally registered counsellors or psychologists who are overseen by registered professionals.

AACAP Australian College of Applied Professionals [Psychology Clinic](#)

AACU Australian Catholic University Strathfield [Mary Aikenhead Clinic](#)

Macquarie University [Psychology Clinic](#)

UNE University of New England [Psychology Clinic](#)

UNSW University of NSW [Psychology Clinic](#)

UoN University of Newcastle [Psychology Clinic](#)

UoW University of Wollongong [Northfields Psychology Clinic](#)

USYD University of Sydney [Psychology Clinic](#)

UTS University of Technology [Psychology Clinic](#)

Western Sydney University [Psychology Clinic](#)



### Relationships Australia NSW

*For all people in NSW, including those from diverse backgrounds.*

Counselling, domestic violence support, family dispute resolution, group workshops and online courses.

<https://www.relationshipsnsw.org.au/>



### TAFE NSW

*For current and future students.*

Career and educational counselling for people who attend or are considering studying at TAFE.

<https://www.tafensw.edu.au/counselling-career-development-services>

## Parenting Support



### Parentline: 1300 13 1300

*For parents or carers of young people.*

Confidential telephone or email service providing professional counselling and support about parenting. Provides free webinars for parents. Available 9am to 9pm Monday to Friday and 4pm to 9pm on weekends.

<https://www.parentline.org.au>

## NSW Statewide Support Services



### ACON

For LGBTIQ+ people experiencing mental health difficulties.

LGBTI health organisation offering information, referrals, counselling, advocacy and practical support. They also have Here - which is a digital hub of suicide prevention support services.

**Mental Health:** <https://www.acon.org.au/what-we-are-here-for/mental-health/>

**Suicide Prevention:** <https://here.org.au>



### Go for Fun

For young people aged 7 - 13 who are over a healthy weight.

Run by trained health and community professionals, it's a fun way to build self-esteem and learn about eating well, staying active and living a healthy life.

<https://go4fun.com.au>



### Heal for Life Foundation

For young people aged 8 - 18 who have experienced trauma.

5-day residential camp that empowers young people with age-appropriate knowledge and skills to help them heal from childhood trauma or abuse and feel better about themselves.

<https://healforlife.com.au/kids-teens/info-for-parents/>



### Little Dreamers Young Carers Program

For young people aged 4 to 25 who provide care for a family member, including those with mental illness.

Offer a range of programs including, school holiday programs, mentoring, personal development program, tutoring, hour of power (weekly connection online), tutoring, peer support and an online community.

<https://www.littledreamers.org.au/programs/>



### Mental Health Carers NSW

For families caring for a loved one with mental illness.

Offer a family program that provides mental health education, strategies to build coping skills and access to support services.

<https://www.mentalhealthcarersnsw.org/resources-for-carers/the-family-carer-mental-health-program/>



### Recovery Camp

For adults who are seeking support with their mental health.

Life-changing mental health programs focused on connection, hope, and building a community, where people are seen as people, not as a diagnosis.

<https://www.recoverycamp.com.au/recovery-camp/>



### Rural Adversity Mental Health Program

For people living and working in rural, regional or remote NSW.

Personalised advice to link individuals who need assistance for their mental health to the most appropriate services and resources.

<https://www.ramhp.com.au/about-ramhp/>



### Waves of Wellness

For young people and adults who are struggling, recovering, and doing fine, up and down the coast.

Mental health surf therapy charity offers eight-week evidence-based learn-to-surf for social surfing program for people experiencing mental health issues.

[https://www.foundationwow.org/surf-therapy\\_](https://www.foundationwow.org/surf-therapy_)



## Northern NSW

### Primary Health Networks



#### Hunter, New England & Central Coast Primary Health Network

For people living in Gosford to Taree along the coast, then inland to Tenterfield, and west to Moree. Provides a list of low-cost/free mental health support services in the region for those requiring early intervention to high levels of support.

<https://thephn.com.au/what-we-do/mental-health>



#### North Coast Primary Health Network

For people living in Camden Haven, then north along the coastline to Tweed Heads. Provides a list of low-cost/free mental health support services in the region for those requiring early intervention to high levels of support.

<https://hnc.org.au/programs-and-projects?b=142>

### Support for Young People



#### Human Nature: Outdoor Therapy and Programs

For young people aged 14 - 18 with mental health issues, childhood trauma, drug and alcohol problems, behavioural challenges, and social exclusion.

Provides nature based mental health support for young people, focusing on youth empowerment through outdoor therapy.

<https://humannature.org.au>



#### I.am

For young people up to 25 years experiencing suicidality in Tamworth or on the Mid-North Coast.

Work with you to develop a support plan to address factors that impact your wellbeing such as family and home life, relationships, bullying, drugs and alcohol use, education and employment, gender and sexuality and emotional or mental wellbeing.

<https://www.newhorizons.org.au/i-am-support-lives-here/#About>



#### Mosaic Multicultural Connections

For migrants in Northern NSW from the Central Coast to Newcastle, the Hunter and New England.

Provides community events, social groups, migration advice, homework support, youth groups and more.

<https://mosaicmc.org.au>



#### New Heights Youth Outreach

For young people aged 10 - 25 years who are at risk, disadvantaged or have a diagnosed disability. O

utdoor adventure therapy program based in Port Macquarie, NSW. We provide one-on-one mentoring, weekly group activities, adventure camps and expedition

<https://www.youthoutreach.com.au/about/>



#### Port Macquarie Youth Hub

For young people aged 13 - 18 years.

Promote self esteem by laying a platform based on friendship, health, education and community support with drop in hours and school holiday programs.

<https://pmyh.org.au>



#### Wesley Newcastle Youth Centre

For young people aged 12 - 25 years who are experiencing difficulties in their life.

Short-term programs to help young people to reconnect with their family, connect with support services and learn to value themselves, maximising their capabilities in every area of their lives.

<https://www.wesleymission.org.au/find-a-service/teenagers-and-young-adults/youth-centres/>

## Sydney (Northern, Central, Eastern and South Eastern)

### Primary Health Network



#### Central and Eastern Sydney Primary Health Network

For people in the city area (Bondi) down along Sydney's coast line to Waterfall, then as far west as Punchbowl and Homebush.

Provides a list of low-cost/free mental health support services in the region for those requiring early intervention to high levels of support.

<https://cesphn.org.au/>



#### Northern Sydney Primary Health Network

Covers northern Sydney suburbs up to the Hawkesbury River, from Manly and Epping to Laughtondale and Avalon.

Provides a list of low-cost/free mental health support services in the region for those requiring early intervention to high levels of support.

<https://sydneynorthhealthnetwork.org.au>

### Support for Young People



#### Family Co

For the people in the Sutherland Shire and St George region

Provides support for parenting, Domestic & Family Violence and Education & Training

<https://www.thefamilyco.org.au/>



#### Gender Centre Inc. (Sydney Local Health District)

For gender diverse people in Sydney.

Specialised services that enable the exploration of gender identity and assistance with the alleviation of gender dysphoria. Includes resources, counselling and group support. As well as referrals.

<https://gendercentre.org.au>



#### North Ryde RSL Youth Club

For young people aged 5 - 25 who live in Ryde.

Provides low-cost sports activities including baseball, cricket, dancing, gymnastics, netball, swimming, tennis and lawn bowls.

<https://www.northrydersl.com.au/intra-clubs/youth-club>



#### Northern Beaches Council Youth Development

For young people aged 12 - 24 who live in the Northern Beaches.

Provides counselling and runs programs for LGBTQ+ and youth with disabilities.

<https://www.northernbeaches.nsw.gov.au/services/youth/youth-development>



#### Sutherland Shire Project Youth

For young people aged 12 to 24 who live in the Sutherland Shire.

Project Youth runs lots of FREE programs which aim to intervene early. These include fitness, court support, guided family conversations, recording studio and a cultural programs for Maori and Pacific Islander youth.

<https://www.projectyouth.org.au/early-intervention>



#### Ways Youth and Family Services

For young people aged 9 - 24 years in the Eastern Suburbs.

Integrated model of service delivery providing innovative and comprehensive services, specialist staff and programs specifically designed to meaningfully achieve positive outcomes.

<https://ways.org.au>

## Sydney (South Western and Western)

### Primary Health Network



#### South Western Sydney Primary Health Network

For people living in Bankstown, Fairfield, Liverpool, Campbelltown, Camden and Wingecarribee. Provides a list of low-cost/free mental health support services in the region for those requiring early intervention to high levels of support.

<https://swsphn.com.au>



#### Western Sydney Primary Health Network

For people living in Blacktown, Cumberland, Parramatta or the Hills Shire. Provides a list of low-cost/free mental health support services in the region for those requiring early intervention to high levels of support.

<https://wentwest.com.au/community/services-and-programs/mental-health/>

### Support for Young People



#### Blacktown Youth Services Program

For young people aged 12 - 24 in the Blacktown area.

Free activities for youth including Creative Digital Media, Educational Programs, Personal and Professional Skills Development, Arts and Cultural Projects, Support and Advocacy.

<http://www.bysa.org.au>



#### I.am

For young people up to 25 years experiencing suicidality in Western or South Western Sydney.

Work with you to develop a support plan to address factors that impact your wellbeing such as family and home life, relationships, bullying, drugs and alcohol use, education and employment, gender and sexuality, and emotional or mental wellbeing.

<https://www.newhorizons.org.au/i-am-support-lives-here/#About>



#### Karitane Perinatal and Infant Mental Health Service

For people in the South Western Sydney Local Health District who are pregnant or have a baby under 1.

Individual and family support therapy to assist with improving your positive interaction with your child while you build on your social networks in a supportive and nurturing environment.

<https://karitane.com.au/mental-health-services>



#### Metro Assist

For the Aboriginal and culturally and linguistically diverse (CALD) people in Campsie.

Family and Community programs including, group sessions, casework, and psychological support.

<https://www.metroassist.org.au/services-to-families.htm>



#### Twenty10

For young LGBTIQ+ people aged 12 to 20 in Chippendale, Parramatta or online.

An inclusive space in Chippendale or Parramatta for young folk to hang out and connect socially with others, attend counselling or to seek support from a youth worker. Regular informal HangOuts on Discord.

<https://twenty10.org.au/youth-services-groups-and-programs-in-person/#outwest>



#### Western Sydney MRC

For the migrants, refugees and culturally diverse people in Liverpool and Campbelltown.

Provides multicultural playgroups, school holiday activities, casework, social groups and English classes.

<https://wsmrc.org.au>

## Nepean and Blue Mountains

### Primary Health Network



#### Nepean Blue Mountains Primary Health Network

Covers the Blue Mountains, Hawkesbury, Lithgow or Penrith.

Provides a list of low-cost/free mental health support services in the region for those requiring early intervention to high levels of support.

<https://www.mentalhealthhelp.com.au>

### Support for Young People



#### Belong Blue Mountains

For young people and their families in the Blue Mountains and Penrith.

Children and family services, seniors and health services and disability support services..

<https://www.belongbm.org.au>



#### Gateway Health Services

For young people and their families in the Blue Mountains and Penrith.

parenting programs, playgroups, mentoring early childhood services and a range of supportive programs for young parents, parents with a child with a disability

<https://www.gatewayfamilyservices.org.au>



#### MYST Mountains Youth Services Team

For young people and their families in the Blue Mountains, Lithgow and Western Sydney.

Youth centres, individual and family work, counselling, groups and programs, bush therapy and more.

<https://platformys.org.au/about/>



#### NCNS Nepean Community & Neighbourhood Services

For young people aged 12 - 18 years.

Youth Centres with drop in sessions and school holiday activities, including parkour. Also provides support for young parents and Koori Youth.

[https://www.nepeancommunity.org.au/service\\_category/young-people/](https://www.nepeancommunity.org.au/service_category/young-people/)



#### Penrith Pride Place

For young LGBTIQ+ people aged 12 to 25 in Penrith.

A safe space social group run by Penrith Youth Services at the Joan Sutherland Centre.

<https://www.instagram.com/penrithprideplace/?hl=en>



#### Platform Youth Services

For young people under 16 years.

Help vulnerable young people have the opportunities, skills, and support they need to actively participate in their social and economic communities.

<https://platformys.org.au/about/>



#### SydWest Multicultural Services

For the culturally and linguistically diverse (CALD) people in Blacktown, Mt Druitt and Penrith.

Youth programs including sports, school holiday activities, homework support and mentoring.

<https://sydwestms.org.au/services/youth/>



#### Wesley Youth Centre

For young people aged 12 - 25 years who are experiencing difficulties in their life.

Short-term programs to help young people to reconnect with their family, connect with support services and learn to value themselves, maximising their capabilities in every area of their lives.

<https://www.wesleymission.org.au/find-a-service/teenagers-and-young-adults/youth-centres/>

## Southern NSW

### Primary Health Networks



#### South Eastern NSW Primary Health Network

For people in Eden to Wollongong along the coastline, then west to Thredbo and north to Binalong. Provides a list of low-cost/free mental health support services in the region for those requiring early intervention to high levels of support.

<https://www.coordinare.org.au/health-professionals/our-programs-and-priorities/mental-health-and-suicide-prevention/>



#### Murrumbidgee Primary Health Network

For people in Khancoban to Boorowa and Young, then west to Hillston and Tooleybuc.

Provides a list of low-cost/free mental health support services in the region for those requiring early intervention to high levels of support.

<https://mphn.org.au>

### Support for Young People

#### Bega Multicultural Youth Services



For multicultural young people aged 12 - 24 across the Bega Valley and on the Far South Coast.

Provides homework help, driving lessons, social sports, dance and music groups, and school holiday activities.

<https://bmc.org.au/youth/>



#### Cooma Youth Space

For young people aged 12 - 24 in the Snowy Mountains.

A space for young people with computer access, gaming modules and pool tables. Provides a range of activities and events including School Holiday Programs.

<https://www.snowymonaro.nsw.gov.au/Community/Young-People/Cooma-Youth-Space>



#### Retro Lane Youth Space Albury

For young people 12 - 25 years in Albury-Wodonga and surrounds.

Youth services and programs include Friday night gigs, school holiday and after school programs, homework and study assistance, arts and performance workshops, job seeking skills, LGBTIQ+ Alphabet Crew social group, young parents group.

<https://www.alburycity.nsw.gov.au/community/facilities-and-venues/retro-lane-cafe>



#### Sonder Youth

For young people in Nowra, Kiama, Ulladulla and the Southern Highlands.

We inspire youth to create positive change to their mental wellbeing. We provide young people with the tools, knowledge, experience and confidence to be agents of positive change in their community.

<https://www.sonderyouth.com/about>



#### Wollongong Council Youth Centre

For young people 12 - 24 in Wollongong.

A hang out space with comfy lounges, WiFi, pool, table tennis and gaming. Provides activities including guitar lessons, arts & crafts, baking, sports, Dungeons and Dragons, LGBTQ+ social group and more.

<https://wollongong.nsw.gov.au/my-community/community-support/young-people/programs-and-events-for-young-people>

## Western NSW

### Primary Health Network



#### Western Primary Health Network

For those living in Western NSW.

Mental health, drug and alcohol, and suicide prevention, including counselling support.

<https://www.wnswphn.org.au/generalhealthinformation/mental-health-consumers>

### Support for Adults and Young People



#### Maari Ma Aboriginal Health Service

For Aboriginal and Torres Strait Islander peoples in Broken Hill and remote communities.

Health services, playgroups, community support, school holiday programs and youth drop-in centres.

<https://www.maarima.com.au>



#### RFDS Royal Flying Doctor Service

For those experiencing mental health difficulties or challenges with alcohol and other drugs. Counselling services to people living in remote communities to improve their overall health and wellbeing.

These can be provided face-to-face at RFDS regular locations, by phone or by email.

<https://www.flyingdoctor.org.au/nswact/how-we-help/mental-health/>



#### Strong Minds: Western NSW

For mild to moderate mental health difficulties

Outreach, evidence-based, short-term counselling service offering up to 12 free psychological consultations for people with mental health difficulties.

<https://www.marathonhealth.com.au/strong-minds-western>



#### Rural Aid Mental Health and Wellbeing: 1300 175 594

For farmers and their families in country areas.

Free, confidential counselling to registered farmers and their family. They conduct counselling at the place that best suits, on farm, in town or over the phone.

<https://www.ruralaid.org.au/services-provided/>

### Support for Young People



#### Benevolent: Rural Youth Mental Health Service

Young people aged 12 - 25 years who are at risk of or are diagnosed with mental health concerns.

We provide case management, referrals and one-on-one services with mental health professionals.

<https://www.benevolent.org.au/services-and-programs/list-of-programs/rural-youth-mental-health>



#### Royal Far West: Children's Health Country NSW

Young people with mental health up to the age of 12 years in rural and remote NSW.

We provide multidisciplinary physical and mental health, education and disability services for country children at our Centre for Country Kids in Manly, via telecare and through community outreach.

<https://www.royalfarwest.org.au/the-need/>

## Mental Health Crisis

If you or someone you know is at immediate risk of hurting themselves or others call 000.



### NT Mental Health Line: 1800 682 228 (24 hours)

*For people experiencing an acute mental health crisis*

Confidential mental health telephone triage service that provides the first point of contact to public mental health services.

<https://nt.gov.au/wellbeing/mental-health/24-hour-mental-health-hotlines>



### NT Domestic, Family and Sexual Violence Site

*For people who are experiencing or have experienced domestic and family violence.*

Provides contact details for outreach services, safe houses, legal advice and sexual assault referral. Lists contacts for Central Australia, Greater Darwin and Tiwi Islands, Katherine/Big Rivers, East Arnhem/Nhulunbuy/Groote Eylandt, and Barkly/Tennant Creek.

<https://nt.gov.au/law/crime/domestic-family-and-sexual-violence/get-help-for-domestic-family-and-sexual-violence>

## Housing



### Shelter Me

*For those who are homeless or at risk of homelessness*

Provides an interactive quiz to refer you to the most suitable resources based on your circumstances and location. Resources include: housing, money, food, clothing, legal advice and social support.

<https://www.shelterme.org.au>

## Finances



### NT Government: Secure NT

*State Government Financial Support for those living in the NT*

Financial support for families and carers, including: immediate hardship grant, temporary accommodation grant, household goods replacement grant, essential household repairs grant, and natural disasters.

<https://securent.nt.gov.au/recover-from-an-emergency/getting-help/financial-help-for-residents>



### NT Government Study Financial Support

*For those with children enrolled in public schools (means-tested)*

Financial support (means-tested) for students including: back to school payment scheme, transportation, scholarships and support for isolated students (boarding).

<https://nt.gov.au/learning/student-financial-help-and-scholarships>



### Mission Australia Emergency Financial Support

*For those with children enrolled in public schools (means-tested)*

financial and material support, and referral to community services to help you address challenges that are affecting your financial wellbeing.

<https://www.missionaustralia.com.au/service-directory/190-financial-wellbeing/emergency-relief-darwin1>

## Aboriginal and Torres Strait Islander Services



### National Aboriginal Community Controlled Health Organisation

*For Aboriginal and Torres Strait Islander peoples in Broken Hill and remote communities.*

Provides a list of all Aboriginal Community Controlled Health Organisations (ACCHOs) in Australia. These organisations are run by Aboriginal and Torres Strait Islander peoples for their community and provide mental health support, family and youth programs, cultural services and more.

<https://www.naccho.org.au/naccho-map/>

## Free/Low Cost Counselling or Psychology Services



### Anglicare

*For all people in the NT.*

Provides services from crisis intervention to achieve social justice and provide opportunities for people in need to reach fullness of life, long-term support.

<https://www.anglicare-nt.org.au>



### CatholicCare NT

*For young people and their families.*

Housing support, counselling, domestic and family violence program, parenting, alcohol and other drugs, mental health and youth programs.

<https://www.catholicarent.org.au/services/>



### Helping Minds NT

*For young people aged up to 18 years who are supporting a family member with mental illness across WA*

offer free and confidential counselling to young people who are supporting a family member or a friend living with mental health challenges, including: individual (metro only) and phone (rural) counselling.

<https://helpingminds.org.au/services/>



### Relationships Australia NT

*For all people in the NT, including those from diverse backgrounds.*

Counselling, domestic violence support, family separation support, group workshops and online courses.

<https://nt.relationships.org.au>



### RFDS Royal Flying Doctor Service

*For children, young people and adults across rural and remote NT*

Short or long-term support for times of mild distress, or more in-depth support and care coordination for conditions such as anxiety, depression and more complex illnesses. Offers counselling face-to-face, over the phone or via video call.

<https://www.flyingdoctor.org.au/sant/what-we-do/mental-health/>



### University Psychology Clinics

Many universities have psychology clinics that provide low-cost psychological therapy and assessment usually from provisionally registered counsellors or psychologists who are overseen by registered professionals.

CDU Charles Darwin University [Healthy Mind Wellness Centre](#)

## Parenting Support



### Parentline: 1300 30 1300

*For parents or carers of young people.*

Confidential telephone or web chat service providing professional counselling and support about parenting. Provides free webinars for parents. Available 8am to 10pm daily.

<https://parentline.com.au>



## Territory-Wide Services



### Northern Territory Primary Health Network

*For people across the NT.*

Provides a list of low-cost/free mental health support services in the region for those requiring early intervention to high levels of support.

<https://www.ntphn.org.au/programs/mental-health/>



### EveryMind: Minds Together

*For people who would like to learn how to support others experiencing distress*

Self-paced online program developed in collaboration with Australians supporting family and friends experiencing mental health concerns or suicidal distress.

<https://everymind.org.au/programs/families-and-caregivers-programs/minds-together>

## Rural and Remote NT



### Alice Springs Council: Youth Projects

*For young people aged 12 - 25 years in Alice Springs.*

Youth programs that provide opportunities to develop their skills, engage with and make positive contributions to their community and express themselves. Our regular programs include the Phoney Film Festival, Youth Recycled Art Prize, and Youth Skate Workshops.

<https://alicesprings.nt.gov.au/about-alice-springs/living-in-alice-springs/programs-for-young-people>



### Miwatj Health Aboriginal Corporation

*For Aboriginal and Torres Strait Islander peoples across East Arnhem Land.*

Provides culturally appropriate mental health and wellbeing services with a strong focus on prevention and encouraging healthy lifestyles.

<https://www.miwatj.com.au>



### Saltbush Wellbeing Program

*For Aboriginal and Torres Strait Islanders living in Darwin, Alice Springs or Tennant Creek.*

Free service designed to deliver informal, easily accessible and culturally appropriate support to empower a positive understanding and attitude towards better life choices. Also provides programs for at-risk youth.

<https://www.saltbushnt.org.au/counselling>



### YMCA NT

*For young people located in Palmerston, Katherine or Darwin.*

Offer a range of programs including, school holiday programs, mentoring, personal development program, tutoring, hour of power (weekly connection online), tutoring, peer support and an online community.

<https://nt.ymca.org.au/what-we-do/Pages/Youth-Programs.aspx>



### Wellmob

*For Aboriginal and Torres Strait Islander peoples.*

Social, emotional and cultural wellbeing online resources focused on culturally-sensitive healing.

<https://wellmob.org.au>

## Darwin



### Danila Dilba Health Service

*For Aboriginal and Torres Strait Islander peoples in Darwin.*

To improve the physical, mental, spiritual, cultural and social wellbeing of the Biluru community of the Yilli Rreung Region through innovative programs.

<https://ddhs.org.au/about-us>



### Fun in the Parks School Holiday Program

*For young people and their families in Darwin.*

School holiday program that is full of fun outdoor activities and operates every Monday, Wednesday and Friday during school holidays.

<https://www.darwin.nt.gov.au/community/programs/for-children/fun-in-the-parks>



### LAUNCH: Celebrating Young Darwin

*For young people aged 12 - 25 years. P*

Provides young people in Darwin with high-quality opportunities for active community participation. Our programs include eSports competitions for gamers, night basketball, pop up gigs, skate competitions, career development for emerging producers, and school holiday workshops.

<https://launchdarwin.com.au>



### Multicultural Youth NT

*For multicultural youth aged 15 - 30 years in Darwin.*

Provides youth from all backgrounds the chance to integrate and interact socially, share ideas, and have a voice in addressing issues that affect them.

<https://mynt.org.au>



### NT Police Fire and Emergency Services Cadets

*For young people in secondary school (Years 8 - 12). S*

Supports a range of programs for youth including the NTPFES Cadets and Junior Police Rangers (JPRs). These programs develop the leadership skills of young people by providing activities to boost a range of practical skills (from public speaking to orienteering) and self esteem.

<https://pfes.nt.gov.au/JPR>



### Team Health Child and Family Wellbeing Service: 1300 780 081

*Young people aged up to 18 years in Darwin.*

Work with children aged 0 to 18 years old, who are showing early signs of, or are at risk of developing a mental illness on a short term for up to 6 weeks, with information and referrals to other services as required. Provide long-term intensive supports tailored to family needs with community hub programs to support wellbeing.

<https://www.teamhealth.asn.au/services/child-family-youth>



### YMCA Outside of School Hours Care (OSHC)

*For young people aged 5 - 12 years.*

Low-cost before/after school care and school holiday programs with activities designed to build resilience.

<https://oshc.nt.ymca.org.au/enrolment/>

## Mental Health Crisis

If you or someone you know is at immediate risk of hurting themselves or others call 000.



### **Mental Health Access Line:** 1300 642 255 (24 hours)

*For people experiencing an acute mental health crisis*

Confidential mental health telephone triage service that provides the first point of contact to public mental health services.

<https://www.qld.gov.au/health/mental-health/help-lines/1300-mh-call>



### **Domestic Violence Connect:** 1800 811 811 (women) or 1800 600 636 (men)

*For people who are experiencing or have experienced domestic and family violence.*

Provides individualised support, information and referrals, safety planning, specialist crisis counselling, emergency transport, crisis accommodation, and more.

<https://www.dvconnect.org>

## Housing



### **Homeless Hotline:** 1800 474 753

*For those who are homeless or at risk of homelessness*

Provides information and connection to housing support services, including meals and accommodation.

<https://www.qld.gov.au/housing/emergency-temporary-accommodation/homeless-persons-information-qld>



### **Tenants QLD:** 1800 744 263

*For renters experiencing financial hardship*

Free financial counselling service for renters who need support with managing finances and/or debt such as overdue rental payments, unpaid bills and fines.

<https://tenantsqld.org.au/free-financial-counselling-service/>

## Finances



### **Financial Assistance for Families (Government Schools)**

*For those with children enrolled in public schools (means-tested)*

Financial support (means-tested) for students to access textbooks and resources, transport assistance and living away from home allowances.

<https://education.qld.gov.au/parents-and-carers/school-information/life-at-school/financial-assistance>



### **QLD Government Cost of Living Support**

*State Government Financial Support for those living in Queensland*

Financial support for families and carers, including: education costs, subsidies and parental leave.

<https://www.qld.gov.au/families/financial>

## Aboriginal and Torres Strait Islander Services



### **National Aboriginal Community Controlled Health Organisation**

*For Aboriginal and Torres Strait Islander peoples in Broken Hill and remote communities.*

Provides a list of all Aboriginal Community Controlled Health Organisations (ACCHOs) in NSW. These organisations are run by Aboriginal and Torres Strait Islander peoples for their community and provide mental health support, family and youth programs, cultural services and more.

<https://www.naccho.org.au/naccho-map/>

## Free/Low Cost Counselling or Psychology Services



### Anglicare

For all people across QLD.

Provides services from crisis intervention to achieve social justice and provide opportunities for people in need to reach fullness of life, long-term support.

[Google Search: Anglicare](#)



### CatholicCare

For all people across QLD.

CatholicCare works with the community to provide holistic support with relationships, parenting, ageing, disability, pastoral services and mental wellbeing.

[Google Search: CatholicCare](#)



### Relationships Australia QLD

For all people in QLD, including those from diverse backgrounds.

Counselling, domestic violence support, family separation support, group workshops and online courses.

<https://www.raq.org.au>



### University Psychology Clinics

Many universities have psychology clinics that provide low-cost psychological therapy and assessment usually from provisionally registered counsellors or psychologists who are overseen by registered professionals.

Bond University [Psychology Clinic](#)

CQ Central Queensland [Wellness Centre](#)

Griffith University [Psychology Clinic](#)

JCU James Cook University [Health Psychology](#)

QUT Queensland University of Technology [Psychology and Counselling Clinic](#)

UQ University of QLD [Psychology Clinic](#)

USC University of the Sunshine Coast [Psychology Clinic](#)

UniSQ University of Southern Queensland [Psychology and Counselling Clinic](#)

## Parenting Support



### Act for Kids

For children and families who have experienced or are at risk of harm.

Deliver evidence-led professional therapy and support services to children and families with a dedicated team of psychologists, speech therapists, support workers, counsellors, OTs and specialists.

<https://www.actforkids.com.au>



### Parentline: 1300 30 1300

For parents or carers of young people.

Confidential telephone or webchat service providing professional counselling and support about parenting. Provides free webinars for parents. Available 8am to 10pm daily.

<https://parentline.com.au>



### Family Child Connect: 13 32 64

For families going through tough times.

Practical advice and help with a range of family and parenting challenges. We'll talk with you about your situation and connect you with the type of support you might find helpful.

<https://www.familychildconnect.org.au>

## Statewide



### Borderline Australia Youth Camps

*Youth aged 13 - 18 years who want to learn more about mental health.*

This program supports teenagers from all walks of life to better their mental health & prepare for their final years of schooling before leaping into the BIG world! Limited spaces available for free.

<https://www.borderlinecamp.com/theweekend>



### Emergency Services Cadets

*For young people aged 12 - 17 years across QLD.*

The Cadet 'Unit' is managed under the leadership and guidance of volunteer Adult Leaders with mentoring and activities from Emergency Services personnel. The free program provides a safe, fun and inclusive environment that offers them practical life skills and leadership opportunities.

<https://www.pyc.org.au/youth-and-community/personal-and-leadership-development/emergency-services-cadets/>



### Family Wellbeing Service: 1300 117 095

*For Aboriginal and Torres Strait Islander Families*

Supports families to look at their strengths and your worries and work out how to get your family the support you need. They can assist you whether you just need a little bit of support to feel better about your day to day parenting, if you are sorting through some bigger family challenges, or even if Child Safety is involved with your family. Provides social groups for mums, dads, youth and elders.

<https://www.familywellbeingqld.org.au>



### Little Dreamers Young Carers Program

*For young people aged 4 to 25 who provide care for a family member affected by disability, chronic or mental illness, addiction or frail age.*

Offer a range of programs including school holiday programs, mentoring, personal development program, tutoring, hour of power (weekly connection online), tutoring, peer support and an online community.

<https://www.littledreamers.org.au/programs/>



### Lives Lived Well

*For people experiencing mental health and substance dependence across QLD.*

Working to help people impacted by drugs or alcohol as well as mental health concerns.

<https://www.liveslivedwell.org.au/our-locations/qld/>



### RFDS Royal Flying Doctor Service

*For children, young people and adults across rural and remote QLD.*

Short or long-term support for times of mild distress, or more in-depth support and care coordination for conditions such as anxiety, depression and more complex illnesses. Offers counselling face-to-face, over the phone or via video call.

<https://www.flyingdoctor.org.au/qld/what-we-do/mental-health/>

## Brisbane

### Primary Health Networks



#### Brisbane North Primary Health Network

Covers Indooroopilly to Redcliffe, and north to Kilcoy. Includes Bribie Island and Norfolk Island. Provides a list of low-cost/free mental health support services in the region for those requiring early intervention to high levels of support.

<https://brisbanenorthphn.org.au/our-programs/mental-health-services>



#### Brisbane South Primary Health Network

Covers Wynnum to Inala and Beenleigh, and south to Rathdowney. It also includes North Stradbroke Island.

Provides a list of low-cost/free mental health support services in the region for those requiring early intervention to high levels of support.

<https://bspn.org.au>

### Support for Adults and Young People

#### ATSiCHS Brisbane



For Aboriginal and Torres Strait Islander peoples in Brisbane and Logan.

Provides housing services, family wellbeing program, youth services and youth justice support.

<https://atsichsbrisbane.org.au/services/children-families/>



#### My Mental Health

For people in North Brisbane

Provides a list of mental health and wellbeing services including support for diverse communities, eating disorders, suicide prevention and alcohol and other drugs.

<https://mymentalhealth.org.au/services>

### Support for Young People

#### Chillout School Holiday Program



For young people aged 12 - 18 in Brisbane.

Young people can beat the school holiday boredom, make new friends and develop new skills by taking part in free or low-cost activities (Abseiling, Skate Class, Fishing) with our Chillout program.

<https://www.brisbane.qld.gov.au/whats-on-and-events/search?type=2796&search=chillout>



#### Rekon Cultural Youth Group

For Pacific Islander youth aged 12 - 18 years in Brisbane.

Offers free workshops where participants will learn dances and songs and stories from different Pacific Island nations throughout the school term. At the end they perform at organised events including the RISE UP event held at MCC.

<https://rekonyouth.org/culture>



#### Visible Ink Youth Hub

For young people aged 12 - 25 in Brisbane.

Explore new ideas, access resources, have a say and connect with community partners, enabling them to grow as active citizens and contribute to a better Brisbane.

<https://www.brisbane.qld.gov.au/community-and-safety/community-support/young-people/visible-ink-youth-hub>

## Gold Coast, Sunshine Coast, Wide Bay and Central Queensland

### Primary Health Networks



#### Central Queensland Primary Health Network

*Covers Springsure and Rubyvale to Yeppoon and south to Caloundra.*

Provides a list of low-cost/free mental health support services in the region for those requiring early intervention to high levels of support.

<https://c2coast.org.au/mental-health/>



#### Gold Coast Primary Health Network

*Covers Coolangatta to Jacobs Well and west to Canungra.*

Provides a list of low-cost/free mental health support services in the region for those requiring early intervention to high levels of support.

<https://gcphn.org.au/community/mental-health/>

### Support for Adults and Young People



#### Wakai Waian Healing Rockhampton

*For disadvantaged adults experiencing mental health difficulties, including those in minority groups.*

Provides low intensity psychological counselling and support from mental health care workers.

<https://www.wakai-waian.com.au/services/wakai-waian-healing-rockhampton-psychology-counselling-and-mental-health-worker-clinic/>



#### Waves of Wellness

*For young people and adults who are struggling, recovering, and doing fine, up and down the coast.*

Mental health surf therapy charity offers eight-week evidence based learn-to-surf for social surfing program for people experiencing mental health issues at Kirra Beach, Noosa Beach & Kings Beach.

[https://www.foundationwow.org/surf-therapy\\_](https://www.foundationwow.org/surf-therapy_)



#### Wesley Mission Queensland: 1300 969 216

*For young people and their families living in Brisbane or on the Gold Coast*

One-on-one counselling, family therapy, group programs, school workshops and moderate-intensity mental health support.

<https://www.wmq.org.au/mental-health/child-youth-mental-health>

### Support for Young People

#### Dollys Dream



*For young people impacted by bullying, especially those in rural and remote areas.*

Funded access to trained counsellors for young people and information for parents on how to support their children experiencing bullying. Guidance on setting technology boundaries.

<https://www.pcy.org.au/youth-and-community/personal-and-leadership-development/state-youth-leadership-program/>



#### PCYC State Youth Leadership Program

*For young people aged 14 - 25 years on the Gold Coast.*

Multi-stage training program designed to develop young people aged 14-25 into leaders through adventure based learning and engaging challenges.

<https://www.pcy.org.au/youth-and-community/personal-and-leadership-development/state-youth-leadership-program/>

## Western Queensland, Darling Downs and West Moreton

### Primary Health Networks



#### **Darling Downs and West Moreton Primary Health Network**

*Covers Stanthorpe and Texas to Ipswich, Proston and Taroom.*

Provides a list of low-cost/free mental health support services in the region for those requiring early intervention to high levels of support.

<https://www.ddwmpnh.com.au/mental-health-suicide-prevention-alcohol-and-other-drugs>



#### **Western Queensland Primary Health Network**

*Covers Thallon to Kowanyama, and along the NSW, SA and NT borders.*

Provides a list of low-cost/free mental health support services in the region for those requiring early intervention to high levels of support.

<https://www.wqphn.com.au/commissioning/mental-health>

### Support for Adults and Young People

#### **Beyond Blue: New Access**



*For young people (12+) and adults who are not currently seeing a psychologist or psychiatrist.*

Free confidential mental health coaching program that gives you the skills to manage everyday life stresses such as work, study, relationships, health or loneliness.

<https://www.beyondblue.org.au/get-support/new-access-mental-health-coaching/new-access-western-queensland>



#### **Kambu Aboriginal and Torres Strait Islander Corporation for Health**

*For Aboriginal and Torres Strait Islanders in the Ipswich and West Moreton region.*

Provides a health services, careers support, family programs, mentoring and community support services.

<https://www.kambuhealth.com.au>



#### **Lifeline Darling Downs Mental Health Hub**

*For people experiencing mental illness in Toowoomba.*

Provides a list of low-cost/free mental health support services in the region for those requiring early intervention to high levels of support.

<https://www.ddwmpnh.com.au/mental-health-suicide-prevention-alcohol-and-other-drugs>



#### **TOMNET The Older Mens Network**

*For men aged 50+ in Toowoomba.*

A social support program for older men to help them transition to and stay engaged in retirement.

<https://tomnet.org.au>



## Northern Queensland

### Primary Health Network



#### Northern Queensland Primary Health Network

*Covers Dysart to Thursday Island at the top of the Cape, and Croydon to Richmond in the west.*

Provides a list of low-cost/free mental health support services in the region for those requiring early intervention to high levels of support.

<https://www.nqphn.com.au>

### Support for Adults and Young People



#### Centacare North Queensland: 1300 672 273

*For young people and their families living in Townsville, Mount Isa, Bowen, Burdekin, Ingham, Charters Towers and surrounding locations.*

Means-tested low cost family and community counselling service with a focus on family and relationships.

<https://www.centacarenq.org.au/centacare-services/counselling/family-and-community-counselling-service/>



#### Select Ability: Mental Wellbeing and Suicide Prevention

*For people in Northern Queensland.*

Committed to improving the mental wellbeing of people in regional Queensland and contributing to suicide prevention through a range of community based programs.

<https://www.selectability.com.au>



#### TAIHS Townsville Aboriginal and Torres Strait Islander Health Service

*For Aboriginal and Torres Strait Islander peoples in Townsville.*

Provides youth outreach, family wellbeing programs and youth mental health services.

<https://www.taihs.net.au/taihs-services/child-family-support/youth-support-services/>

### Support for Young People



#### Carers Queensland Young Carers Program: 1300 747 636

*For young carers in years 1 - 6 at school who live in the Capricornia region.*

The FRIENDS programs help improve the confidence, emotional wellbeing and social skills of young carers in our community through play-based learning and peer support.

<https://carersqld.com.au/carer-program/its-all-about-me/>



#### QLD Youth Services: Strengthening Young Minds Program

*Vulnerable young people who are showing symptoms of a mental health condition and need support and advocacy with their mental health. Located in Townsville/Burdekin/Hinchinbrook region.*

Strengthening Young Minds aims to build the capacity of young people as they face adversity through theoretical and practical experiences focused on improving and prioritising youth mental health and wellbeing. Camps are grouped by age and held 4 - 6 times per year.

<https://www.qys.org.au/strengthening-young-minds/>



#### QYS Queensland Youth Services

*For young people 12 - 25 years in Queensland.*

Specialised, holistic programs and services, our organisation aims to help young people be the best they can be.

<https://www.qys.org.au/about/>

## Mental Health Crisis

If you or someone you know is at immediate risk of hurting themselves or others call 000.



### **Mental Health Triage Service:** 13 14 65 (24 hours)

*For people needing immediate health advice from a registered nurse.*

Confidential telephone triage service staffed by mental health clinicians who will provide advice, information and assessment in response to a mental health crisis situation.

<https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/services/mental+health+and+drug+and+alcohol+services/mental+health+services/mental+health+services>



### **Domestic Violence Crisis Line:** 1800 800 098 (24 hours)

*For people who are experiencing or have experienced domestic and family violence.*

Provides crisis counselling, support and referral to safe accommodation.

<https://www.sa.gov.au/topics/family-and-community/safety-and-health/domestic-violence-and-sexual-assault/support-services>

## Housing



### **Homeless Connect SA:** 1800 003 308 (24 hours)

*For those who are homeless or at risk of homelessness*

Provides short-term assistance until you can be connected to a specialist homelessness service, connects you with relevant services and information, provides referrals to Domestic Violence or Mental Health services (where appropriate).

<https://www.homelessconnectsa.org>

## Finances



### **SA Government: Emergency Financial Aid**

*For families living in SA who are experiencing Financial Hardship.*

Provides links to a range of organisations that provide financial support such as food vouchers, chemist vouchers, transport vouchers, help with rent/accommodation costs and clothing.

<https://www.sa.gov.au/topics/care-and-support/concessions/financial-aid/emergency-financial-aid>



### **Uniting SA Emergency Assistance**

*For families living in SA who are experiencing Financial Hardship.*

Provides financial counselling, an interest loan scheme and vouchers (for food, clothing, essentials) to eligible individuals and families.

<https://unitingsa.com.au/community-services/emergency-assistance/>

## Aboriginal and Torres Strait Islander Services



### **National Aboriginal Community Controlled Health Organisation**

*For Aboriginal and Torres Strait Islander peoples in Broken Hill and remote communities.*

Provides a list of all Aboriginal Community Controlled Health Organisations (ACCHOs) in Australia. These organisations are run by Aboriginal and Torres Strait Islander peoples for their community and provide mental health support, family and youth programs, cultural services and more.

<https://www.naccho.org.au/naccho-map/>

## Free/Low Cost Counselling or Psychology Services



### Anglicare: Families in Focus

*For families in South Australia.*

Provides a range of services for couples, families and individuals with the aim of strengthening families and ensuring the wellbeing of children. Includes family-based recreation activities for parents/carers and their children.

<https://anglicaresa.com.au/children-families/relationships/family-relationship-support/>



### CatholicCare

*For all people across QLD.*

CatholicCare works with the community to provide holistic support with relationships, parenting, ageing, disability, pastoral services and mental wellbeing.

[Google Search: CatholicCare](#)



### Nunkuwarrin Yunti of South Australia Inc.

*For Aboriginal young people aged 6 - 20 years in foster care, kinship care, residential care or transitioning from care.*

Free and confidential counselling as well as psychological services for Aboriginal and Torres Strait Islander children, adolescents, adults and families.

<https://nunku.org.au/our-services/social-emotional/>



### Relationships Australia SA

*For all people in SA, including those from diverse backgrounds.*

Counselling, telehealth, domestic violence support, family separation support, group workshops and online courses.

<https://www.rasa.org.au>



### University Psychology Clinics

Many universities have psychology clinics that provide low-cost psychological therapy and assessment usually from provisionally registered counsellors or psychologists who are overseen by registered professionals.

Flinders University [Psychology Clinic](#)

SA Government and University of Adelaide [Centre for Treatment of Anxiety and Depression](#)

UniSa University of South Australia [Psychology Clinic](#)

## Parenting Support



### Adults Supporting Kids (ASK)

*For parents or carers of young people aged up to 18 years.*

Looking after kids is challenging and all parents and caregivers need help sometimes to get it right. This website will connect you to South Australian information, free local support services or someone you can talk to.

<https://adultssupportingkids.com.au>



### Parenting SA

*For parents or carers of young people aged up to 18 years.*

Parent Easy Guides that cover a wide range of topics about raising children. The website also has parenting seminars, videos and information on workshops.

<https://parenting.sa.gov.au/easy-guides>

## South Australia Services



### Adelaide Primary Health Network

For people in Adelaide, down to Sellicks Beach and Kangarilla and north to Angle Vale and One Tree Hill. Provides a list of low-cost/free mental health support services in the region for those requiring early intervention to high levels of support.

<https://adelaidephn.com.au/our-work/what-we-are-doing-about/primary-mental-health/>



### Country South Australia Primary Health Network

For people across South Australia (except Adelaide). It includes Kangaroo Island.

Provides a list of low-cost/free mental health support services in the region for those requiring early intervention to high levels of support.

<https://www.countrysaphn.com.au/community/mental-health-2/>



### Country and Outback Health

For children, young people and adults across country South Australia

Provides low-cost/free mental health support services to support children and young people to understand their feelings; and support for adults experiencing symptoms of mental illness.

<https://cobh.com.au/our-services/?type=24>



### PEACE Multicultural Services

For migrants and refugees across SA.

Support all migrants and refugees regardless of their visa type, free of charge. Our aim is to help people from diverse language and cultural backgrounds to lead independent, healthy and good lives in Australia.

<https://askpeace.org.au>



### Regional Access

For anyone who lives or works in country South Australia (outside of Adelaide)

Free online and phone counselling service for people who are feeling the pressures and stresses of everyday life. Provides up to three 30 minute sessions.

<https://saregionalaccess.org.au>



### RFDS Royal Flying Doctor Service

For children, young people and adults across country South Australia

Short or long-term support for times of mild distress, or more in-depth support and care coordination for conditions such as anxiety, depression and more complex illnesses. Offers counselling face-to-face, over the phone or via video call.

<https://www.flyingdoctor.org.au/sant/what-we-do/mental-health/>



### Talk Out Loud

For girls aged 10 - 13 and youth aged 14 - 17.

Diverse weekend experiences that empower young people to build their resilience, make their own choices and 'talk out loud' about the things that matter most to them by connecting with the natural environment.

<https://talkoutloud.com.au/what-we-do/youth-empowerment-camps-retreats/>

## Mental Health Crisis

If you or someone you know is at immediate risk of hurting themselves or others call 000.



### Access Mental Health: 1800 332 388 (24 hours)

For people needing immediate health advice from a registered nurse. Mental health support, triage, and referral phone line for immediate counselling support, information about the Tasmanian Mental Health system and referrals to public mental health services.

<https://www.health.tas.gov.au/health-topics/mental-health/tasmanias-mental-health-system/access-mental-health-helpline>



### Family Violence Counselling & Support Service: 1800 608 122

For people who are experiencing or have experienced domestic and family violence.

Offers professional and specialised services to assist children, young people and adults affected by family violence, including counselling, safety planning and referrals. Available 9am to midnight Monday to Friday, and 4pm to midnight on weekends.

<https://www.safeathome.tas.gov.au/services/counselling>

## Housing



### Housing Connect: 1800 800 588 (24 hours)

For those who are homeless or at risk of homelessness

Housing Connect is Tasmania's front door for housing assistance, including short-term homeless accommodation and support, social housing, and affordable private rentals.

<https://www.homestasmania.com.au/housing-and-homelessness/housing-connect>

## Finances



### Service Tasmania

For families living in Tasmania.

Local council services, concessions, rebates and help with the cost of living, including ticket to play vouchers, childcare subsidies, energy and electricity concessions, TasWater rebates and transport discounts.

<https://www.service.tas.gov.au/services/government-help-and-support>



### CatholicCare Tasmania

For families living in Tasmania experiencing financial hardship.

Financial or material aid to assist during financial hardship or an unexpected crisis in your life that leaves you unable to pay the bills or purchase essentials (e.g., food)

<https://catholiccarea.tas.org.au/programs/emergency-relief>

## Aboriginal and Torres Strait Islander Services



### National Aboriginal Community Controlled Health Organisation

For Aboriginal and Torres Strait Islander peoples in Broken Hill and remote communities.

Provides a list of all Aboriginal Community Controlled Health Organisations (ACCHOs) in Australia. These organisations are run by Aboriginal and Torres Strait Islander peoples for their community and provide mental health support, family and youth programs, cultural services and more.

<https://www.naccho.org.au/naccho-map/>



### Aboriginal Social and Emotional Wellbeing

For people Aboriginal and Torres Strait Islander peoples in Tasmania

Provides a list of Aboriginal health services in Tasmania.

<https://services.primaryhealthtas.com.au/social-and-emotional-wellbeing-aboriginal-people>

## Free/Low Cost Counselling or Psychology Services



### Anglicare

*For families and young people across Australia*

Low cost counselling and support services for families and young people. Includes programs for young people living in families impacted by parent/carer substance use.

<https://www.anglicare-tas.org.au/support-for-children-young-people-and-families/>



### CatholicCare

*For all people across TAS.*

CatholicCare works with the community to provide holistic support with relationships, parenting, ageing, disability, pastoral services and mental wellbeing.

<https://catholiccaretas.org.au>



### Relationships Australia TAS

*For all people in TAS, including those from diverse backgrounds.*

Counselling, domestic violence support, family separation support, group workshops and online courses.

<https://tas.relationships.org.au>



### University Psychology Clinics

Many universities have psychology clinics that provide low-cost psychological therapy and assessment usually from provisionally registered counsellors or psychologists who are overseen by registered professionals.

UTAS University of Tasmania [Psychology Clinic \(includes Telehealth\)](#)

## Parenting Support



### Parent Line: 1300 808 178 (24 hours)

*For parents or carers of young people.*

Supported by Health Direct and your calls will be answered by a health professional who will provide quality, approved health information and advice.

<https://www.health.tas.gov.au/health-topics/child-and-youth-health/child-health-and-parenting-service-chaps/parent-line>



### Helping Young Families

*For families in Burnie with children up to 12 years.*

Support with parenting, relationships, and education, including social activities.

<https://yfcc.com.au/what-we-do/family-support-services/>

## Tasmania Services



### Tasmania Primary Health Network

For people across Tasmania including Flinders Island and King Island.

Provides a list of low-cost/free mental health support services in the region for those requiring early intervention to high levels of support.

<https://services.primaryhealthtas.com.au>



### Anglicare Taz Kids

For young people aged 7 to 17 who have a parent or guardian with mental illness.

Opportunities for young people to take part in fun activities, learn new skills and get answers to difficult questions. The Building Resilient Leaders camp for teens features adventure activities such as rock-climbing, a giant swing and education sessions about self-care and communication.

<https://www.anglicare-tas.org.au/taz-kids-campers-find-courage/>



### Carers Tasmania

Young people under 25 years who regularly help out and support a family member requiring ongoing care, including those who have a physical disability or severe mental illness.

We support young carers by organising social events and school holiday activities for groups of young carers, like trips to the movies, or your favourite football club. Also provide short-term counselling.

<https://www.carerstas.org/are-you-a-young-carer/>



### The Link

Young people aged up to 12- 25 years in Hobart.

Provides free and confidential health and wellbeing services including counselling and youth activities.

<https://thelink.org.au>



### Migrant Resource Centre

For migrants and refugees in Tasmania.

Counselling for people who have experienced trauma and/or torture, mental health workshops and training. Social programs, training and job-seeking support.

<https://mrctas.org.au>



### Multicultural Youth Tasmania

For multicultural Tasmanians (including new arrivals) aged up to 25 years.

Programs focused on sport and recreation, education, employment, and wellbeing to provide an opportunity for young people to develop a strong sense of belonging and resilience.

<https://myt.org.au>



### RAW Rural Alive and Well

For people experiencing suicidal ideation across rural and remote Tasmania

Delivers genuine and authentic early intervention suicide prevention for rural and remote communities. Services are provided by those with lived experience who work in agriculture and primary industries.

<https://www.rawtas.com.au>



### Salvation Army Alcohol and Other Drugs

For people experiencing substance use difficulties in Hobart, Launceston and Ulverstone.

Provides online support, counselling, diagnosis, residential and family support programs.

<https://www.bridgetasmania.org.au>



### Youth Family and Community Connections

Young people aged up to 11 - 25 years in Burnie and Devonport.

Junction Youth Hub hosts weekly afternoon activities, school holiday programs

<https://yfcc.com.au/what-we-do/youth-services/>

## Mental Health Crisis

If you or someone you know is at immediate risk of hurting themselves or others call 000.



### **Nurse-On-Call: 1800 011 511 (24 hours)**

For people needing immediate mental health advice from a registered nurse.

Confidential telephone triage service with a registered nurse that provides the first point of contact when experiencing mental health concerns.

<https://www.health.vic.gov.au/primary-care/nurse-on-call>



### **Safe Steps Family Violence Response Centre: 1800 015 188 (24 hours)**

For people who are experiencing or have experienced domestic and family violence.

Specialists will support you to understand your family violence risks, explore safety options and make appropriate and timely referrals to services that exist to meet your specific and individual needs.

<https://www.safesteps.org.au/our-services/services-for-women-children/247-family-violence-response-phone-line/>

## Housing



### **Crisis and Emergency Accommodation: 1800 825 955 (24 hours)**

For those who are homeless or at risk of homelessness

A housing and support worker will take your call. They will refer you to help in your local area. If you call out of business hours, they will connect you to Salvation Army Crisis Services.

<https://www.housing.vic.gov.au/crisis-emergency-accommodation>

## Finances



### **Financial Crisis Support**

For families living in VIC who have been impacted by crisis such as house fires or natural disasters.

Personal Hardship Assistance Program helps people experiencing financial hardship in emergencies. The program includes Emergency Relief Payments and Re-establishment Assistance.

<https://services.dffh.vic.gov.au/financial-crisis-support>



### **Anglicare Emergency Relief Centres**

For people across 18 locations in metropolitan and regional Victoria.

Immediate assistance including groceries, clothing, financial assistance and counselling, and access to our first-class support services.

<https://www.anglicarevic.org.au/our-services/emergency-relief/emergency-relief/>



### **St Vincent DePaul Society Financial Support**

For people living in VIC experiencing financial hardship.

Financial advice programs including budgeting as well as support services on a one-on-one basis for people seeking assistance.

<https://www.vinnies.org.au/vic/find-help/financial>

## Aboriginal and Torres Strait Islander Services



### **National Aboriginal Community Controlled Health Organisation**

For Aboriginal and Torres Strait Islander peoples in Broken Hill and remote communities.

Provides a list of all Aboriginal Community Controlled Health Organisations (ACCHOs) in Australia. These organisations are run by Aboriginal and Torres Strait Islander peoples for their community and provide mental health support, family and youth programs, cultural services and more.

<https://www.naccho.org.au/naccho-map/>



## Free/Low Cost Counselling or Psychology Services



### Anglicare

*For all people across VIC.*

Provides services from crisis intervention to achieve social justice and provide opportunities for people in need to reach fullness of life, long-term support.

[Google Search: Anglicare](#)



### CatholicCare

*For all people across VIC.*

CatholicCare works with the community to provide holistic support with relationships, parenting, ageing, disability, pastoral services and mental wellbeing.

[Google Search: CatholicCare](#)



### Relationships Australia VIC

*For all people in VIC, including those from diverse backgrounds.*

Counselling, domestic violence support, family separation support, group workshops and online courses.

<https://www.relationshipsvictoria.org.au>



### University Psychology Clinics

Many universities have psychology clinics that provide low-cost psychological therapy and assessment usually from provisionally registered counsellors or psychologists who are overseen by registered professionals.

A&C University Melbourne [Melbourne Psychology Clinic \(MPC\)](#)

Cairnmillar Institute [Psychology and Counselling Clinic](#)

Federation University [FedCare Psychology Services](#)

La Trobe [Psychology Clinic](#)

Monash University [Krongold Educational and Developmental Clinic](#)

Monash University [Turner Institute for Brain and Mental Health](#)

Monash University [Women's Mental Health Clinic](#)

RMIT University [Psychology Clinic](#)

Swinburne University of Technology [Psychology Clinic](#)

University of Melbourne [Psychology Clinic](#)

Victoria University [Psychology Clinic](#)

## Parenting Support



### Parentline: 1300 13 1300

*For parents or carers of young people.*

Confidential telephone or email service providing confidential and anonymous support on parenting issues. Available daily from 8am to midnight.

<https://services.dffh.vic.gov.au/parentline>



### Orange Door

*For parents who need support with parenting and experiences of family violence.*

Suitable if you need help with parenting, or you are worried about the wellbeing or development of a child or young person or you have experienced family violence.

<https://www.orangedoor.vic.gov.au/>

## Statewide Services



### Berry Street

For families across Victoria, especially those experiencing poverty, violence and abuse. Family violence support services, trauma services, out-of-home-care and parenting and family services.

<https://www.berrystreet.org.au/what-we-do>



### CMY Centre for Multicultural Youth

For young people from migrant and refugee backgrounds.

Specialist knowledge, social groups, mentoring and connections with employment.

<https://www.cmy.net.au/about-us/>



### Feel the Magic

For young people aged 7 - 17 who are experiencing pain and isolation due to the death of a parent, guardian, or sibling (more than 6 months ago).

Camps that support young people to work through their experience of grief and loss. Including a specialist program for young people bereaved through suicide.

<https://feelthemagic.org.au/our-camps/>



### Girls on Fire: Urban Girls Fire & Resilience Camp

For girls aged 14 - 18 years

Experience behind the scenes of a range of fire and emergency service agencies focused on teamwork, knowledge and courage.

<https://girlsonfire.com.au/urban-girls-fire-camps/>



### inTouch

For culturally and linguistically diverse (CALD) people experiencing family violence.

Specialist Family Violence Provider, we support migrant and refugee women and their communities to move on from experiences of family violence and thrive.

<https://intouch.org.au/about-us/>



### Queerspace

For LGBTIQ+ families in VIC

Provides counselling (individual, relationship and family), case management and peer support services.

<https://www.queerspace.org.au/qspacenetwork/>



### Rainbow Door

For LGBTIQ+ (including BrotherBoys, SisterGirls) in Victoria.

Helpline providing information, support, and referral to all LGBTIQ+ Victorians, their friends and family.

<https://www.rainbowdoor.org.au/about-us>



### SafeSteps: Family Violence Response Centre

Specialist support services for anyone in Victoria who is experiencing or afraid of family violence.

<https://www.safesteps.org.au>



### Victorian Aboriginal Childcare Agency (VACCA)

For Aboriginal young people aged 6 - 20 years in foster care, kinship care, residential care or transitioning from care.

Activity days and camps that support young people to connect with their culture.

<https://www.vacca.org/page/services/cultural-strengthening-programs/cultural-camps>

## Melbourne

### Primary Health Networks



#### Eastern Melbourne Primary Health Network

For people in the Lalort to Kew to Rowville to the north-east and north-west to Wandong. Provides a list of low-cost/free mental health support services in the region for those requiring early intervention to high levels of support.

<https://www.emphn.org.au/what-we-do/mental-health-and-aod-test/services-menu>



#### North Western Melbourne Primary Health Network

For people in Melbourne city and Preston to Lancefield, then south to Bacchus Marsh and Little River. Provides a list of low-cost/free mental health support services in the region for those requiring early intervention to high levels of support.

<https://nwmpnhn.org.au/our-work/mental-health/care-in-mind-mental-health-services/>



#### South Eastern Melbourne Primary Health Network

For people in Bunyip and Lang Lang to Portsea, then north to St Kilda and east to Gembrook. Provides a list of low-cost/free mental health support services in the region for those requiring early intervention to high levels of support.

<https://www.semphn.org.au/mental-health>

### Support for Young People impacted by parental mental illness



#### Eastern Health Children and Mentally Ill Parents

For young people aged 8 - 18 who have a parent/carer with mental illness in the Melbourne Eastern Region.

Free peer support programs for children with an accompanying and monthly recreation activity (e.g., bowling, mindfulness). Also includes a parent support group and family fun days.

<https://www.easternhealth.org.au/site/item/1214-programs-for-children-young-people-parents-and-families-in-melbourne-eastern-region>



#### Satellite Foundation

For young people aged 7 - 23 who have a parent/carer with mental illness in Melbourne.

Satellite Connect is an online and face-to-face program for young people who have a parent/carer with a mental illness. Programs include camps, digital events and mentoring.

<https://www.satellitefoundation.org.au/programs/at-home-with-satellite/>

### Support for Young people



#### Drummond Street Services

For people in Brimbank, Carlton, Coburg, Collingwood, Epping, Geelong, North Melbourne & Wyndham.

Provides youth services, parenting groups and seminars, child counselling and support, and support for those impacted by institutional abuse.

<https://ds.org.au>



#### YSAS Youth Support and Advocacy Service

For young people across South East and North West Melbourne and the Mornington Peninsula.

Mental health support, youth services and drug and alcohol counselling.

<https://ysas.org.au/getting-help>



#### Waves of Wellness

For young people and adults who are struggling, recovering, and doing fine at Urban Surf Tullamarine.

Mental health surf therapy charity offers eight-week evidence-based learn-to-surf for social surfing program for people experiencing mental health issues.

<https://www.foundationwow.org/surf-therapy>

## Gippsland



### Gippsland Primary Health Network

*Cowes and Loch to Omeo and Mallacoota*

Provides a list of low-cost/free mental health support services in the region for those requiring early intervention to high levels of support.

<https://gphn.org.au/what-we-do/programs/mental-health-care-and-suicide-prevention/>



### La Trobe Youth Space

*Young people aged 12 - 18 years in the La Trobe valley. A*

place where young people feel they belong and where they can run activities to help connect youth to their future.

<https://www.latrobeyouthspace.org.au>

## Murray



### Murray Primary Health Network

*Mildura and Murrayville to Marysville and Corryong*

Provides a list of low-cost/free mental health support services in the region for those requiring early intervention to high levels of support.

<https://www.murrayphn.org.au/information-and-resources-for-health-professionals/mentalhealth/>

## Western Victoria



### Geelong Project

*For young people at risk of leaving school early and/or at risk of homelessness.*

Support young people AND their families by providing dedicated caseworkers who work with young people at risk, integrating support from schools and agencies.

<http://www.thegeelongproject.com.au>



### Sexual Assault and Family Violence Centre

*For people who have experienced sexual assault and/or family violence in Barwon and Wimmera.*

Free and confidential trauma-informed sexual assault and family violence services

<https://www.safvcentre.org.au>



### Western Victoria Primary Health Network

*Covers Geelong to Dartmoor, then up the South Australian border and east to Patchewollock.*

Provides a list of low-cost/free mental health support services in the region for those requiring early intervention to high levels of support.

<https://westvicphn.com.au/for-the-community/mental-health-support/>

## Mental Health Crisis

If you or someone you know is at immediate risk of hurting themselves or others call 000.



**If not, call the Mental Health Emergency Response Line: 1800 676 822 (Metro) or 1800 676 822 (PEEL) (24 hours)**

*For people needing immediate health advice from a registered nurse.*

Provides contact with a trained mental health clinician who can help to navigate the mental health system, conduct a mental health assessment, provide brief intervention in a crisis and referrals when required.

<https://www.mhc.wa.gov.au/getting-help/helplines/mental-health-response-line/>



**If not, call Women's Domestic Violence Helpline: 1800 0007 339 (24 hours)**

*For women who are experiencing or have experienced domestic and family violence.*

Provides information and advice, referral to local advocacy and support services, liaison with police (if necessary), assesses children's safety and provides referral support.

<https://www.wa.gov.au/service/community-services/community-support/womens-domestic-violence-helpline>

## Housing



**Department of Communities Crisis Care: 1800 199 008 (24 hours)**

*For those who are homeless or at risk of homelessness*

A housing and support worker will take your call. They will refer you to help in your local area. If you call out of business hours, they will connect you to Salvation Army Crisis Services.

<https://www.housing.vic.gov.au/crisis-emergency-accommodation>

## Finances



**Anglicare Financial Assistance**

*For people living in Western Australia.*

No interest loan programs and financial counselling are designed to help you rise above uncertainty and achieve financial confidence. Includes links to support after natural disasters.

<https://www.anglicarewa.org.au/get-help/financial-assistance>



**WA Government Community Grants and Subsidies**

*For people living in Western Australia.*

eligibility criteria and entitlements for ongoing and one-off payments rates and subsidies.

<https://www.wa.gov.au/service/community-services/grants-and-subsidies>

## Aboriginal and Torres Strait Islander Services



**National Aboriginal Community Controlled Health Organisation**

*For Aboriginal and Torres Strait Islander peoples in Broken Hill and remote communities.*

Provides a list of all Aboriginal Community Controlled Health Organisations (ACCHOs) in Australia. These organisations are run by Aboriginal and Torres Strait Islander peoples for their community and provide mental health support, family and youth programs, cultural services and more.

<https://www.naccho.org.au/naccho-map/>

## Free/Low Cost Counselling or Psychology Services



### Anglicare

*For all people across WA.*

Provides services from crisis intervention to achieve social justice and provide opportunities for people in need to reach fullness of life, long-term support.

<https://www.anglicarewa.org.au>



### CentreCare WA

*For all people across WA.*

Catholic not-for-profit organisation strengthening people and communities through professional counselling and support.

<https://www.centrecare.com.au>



### Helping Minds WA

*For young people aged up to 18 years who are supporting a family member with mental illness across WA*

offer free and confidential counselling to young people who are supporting a family member or a friend living with mental health challenges, including: individual (metro only) and phone (rural) counselling.

<https://helpingminds.org.au/young-people-mental-health/>



### Relationships Australia WA

*For all people in WA, including those from diverse backgrounds.*

Counselling, domestic violence support, family separation support, group workshops and online courses.

<https://www.relationshipswa.org.au>



### University Psychology Clinics

Many universities have psychology clinics that provide low-cost psychological therapy and assessment usually from provisionally registered counsellors or psychologists who are overseen by registered professionals.

Curtin University [Psychology Clinic](#)

ECU Edith Cowan University [Psychological Services Centre](#)

UWA University of Western Australia [Robin Winkler. Psychological Services Clinic](#)

## Parenting Support



### Ngala Parenting Line: 9368 9368 (Perth) or 1800 111 546 (Outside of Perth)

*For parents or carers of young people from conception to 18 years.*

Provides up to date child development information, parenting support and referral, to assist parents in their parenting journey. Operates as a call back service, daily from 8am to 8pm.

<https://www.ngala.com.au/parenting-line/>



### MIFWA Mental Illness Fellowship of WA: (08) 9237 8900

*For parents or carers of young people under 18 years in the North Metro region of Perth.*

Provides a Parent Peer Support program staffed by people with lived experience who will adopt an individualised whole-family approach to support you where you're at.

<https://www.mifwa.org.au/our-services/family-and-parent-support/>

## Statewide



### Helping Minds WA

For young people who are supporting a family member with mental illness.

Free school holiday programs and workshops to encourage positive self-talk, strengthen their resilience, understand how to stay mentally healthy and where to seek support services.

<https://helpingminds.org.au/young-people-mental-health/>



### FIFO Focus

For FIFO workers in WA.

Social events, online courses, workshops, counselling and coaching to prevent mental harm and improve wellbeing.

<https://www.fifofocus.com.au/fifo-workers/>



### Multicultural Services Centre

For migrants with mental health issues, including drug and alcohol. Professional mental health assessment, treatment and management; culturally and linguistically appropriate counselling; psycho-education and psychosocial intervention.

Professional mental health assessment, treatment and management; culturally and linguistically appropriate counselling; psycho-education and psychosocial intervention.

<https://www.mscca.com.au/our-programs/mental-health-services/>



### My Services

For people living in Western Australia.

A directory that allows you to find nearby mental health, alcohol and other drug services.

<https://myservices.org.au/>



### Rural Aid Mental Health and Wellbeing: 1300 175 594

For farmers and their families in country areas.

Free, confidential counselling to registered farmers and their family. They conduct counselling at the place that best suits, on farm, in town or over the phone.

<https://www.ruralaid.org.au/services-provided/>



### Youth Focus Drug and Alcohol Service

For young people with mental health issues, including drug and alcohol.

Peer Workers, Youth Workers and specialist support staff, such as a Drug and Alcohol Worker and Employment Projects Officer.

<https://www.anglicarewa.org.au/get-help/youth-services/youth-psycho-social-support>



### Youth Focus WA

For young people aged 12 - 25 years with signs of anxiety, depression and/or self-harm.

Provides face-to-face or web-based counselling, group-based therapy and mentoring programs.

<https://youthfocus.com.au>



### Zero to Hero

For young people aged 13 - 18 years to learn more about Mental Health.

Free school holiday camps that equip young people with the skills necessary to understand and support their own mental health and provides an opportunity to create meaningful connections with their peers. Includes SafeTalk Alertness Suicide Prevention training for older teens aged 15 - 18 years.

<https://www.zero2hero.com.au/programs/category/camp-hero>

## Perth

**WA Primary Health Alliance**

*For people in Perth city and Cottesloe to Two Rocks along the coast, down to Bullsbrook, Chidlow and Pickering Brook.*

Provides a list of low-cost/free mental health support services in the region for those requiring early intervention to high levels of support.

<https://services.wapha.org.au>

**Uniting Care**

*For people living in Perth and Albany.*

Uses a holistic approach, which means that we see you as a whole person and not just a person with mental health needs. Includes counselling for children and families.

<https://unitingwa.org.au/services/mental-health/>

**Waves of Wellness**

*For young people and adults who are struggling, recovering, and doing fine, up and down the coast.*

Mental health surf therapy charity offers eight-week evidence-based learn-to-surf for social surfing program for people experiencing mental health issues at Leighton Beach/Trigg Beach/Secret Harbour.

[https://www.foundationwow.org/surf-therapy\\_](https://www.foundationwow.org/surf-therapy_)

**Wungene Aboriginal Corporation**

*For people Aboriginal and Torres Strait Islander peoples in the Perth metro area. Ke*

*ep children, young people and families safely at home with family, connected with country, culture and community.*

<https://www.wungene.com.au/>





Established in 2002, the Australian Kookaburra Kids Foundation provides evidence based, age appropriate, prevention and early intervention mental health education programs to young people aged 8-18 years who are living in a family impacted by mental illness.

Designed by mental health professionals, our programs are proven to empower young people to thrive beyond the impacts of family mental illness.

Delivered within a peer-based, social, and recreational setting, our Kookaburra Kids Camps and Activity Days aim to provide connection, improve mental health literacy and encourage help seeking behaviours.



## Program Locations

Kookaburra Kids runs programs in every state of Australia.



Connect is our online chat sessions focused on 'connectivity'. It is an interactive and casual platform to engage young people in supportive and strength based resilience discussions. It aims to increase belongingness and connectedness as well as provide brief psycho-education, learning coping skills and being made aware of support networks in their local communities. Being online, Connect sessions can be accessed by young people across Australia.





- Educate young people on mental illness to facilitate greater understanding and empathy.
- Provide a safe environment to connect with peers with similar lived experiences, leading to decreased feelings of isolation.
- Develop coping skills and build resilience.
- Ensure regular contact with people in the program through a range of access points, connect them with relevant support services to meet their needs, and regularly monitor their progress.
- Add value and compliment clinical and non-clinical mental health services already provided (referring on where needed).

## The Need

- It is estimated that 23% of Children living in an Australian household have a parent with a mental illness.
- This equates to just over one million Australian children living in families affected by mental illness.
- A recent global study conducted by Curtin University found children faced a 42 per cent higher risk of depression if their father was depressed.
- Previous research also shows that children with a mother who has depression, are 3 to 4 times more likely to develop it themselves.





# Kookaburra Kids is grateful for the generous support of our partners

## PRINCIPAL PARTNER



## MAJOR STRATEGIC PARTNER DEFENCE KIDS



**Australian Government**  
**Department of Veterans' Affairs**

## MAJOR PARTNERS



## SUPPORTERS



Australian

**Kookaburra Kids**  
Foundation

# Empowering Young People to Thrive Beyond the Impacts of Family Mental Illness

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