

SUPPORT PACK INFORMATION
NATIONAL SERVICES FOR SUPPORT



Support Services & Organisations	Phone numbers	Websites
ARAFMI (mental health carers Australia)		www.arafmiaustralia.asn.au
Australian Institute of Suicide Research & Prevention		www.griffith.edu.au/health/australian-institute-suicide-research-prevention
beyondblue Support Service	1300 224 636	www.beyondblue.org.au
Department of Health		www.health.gov.au
Department of Human Services (Centrelink)		www.humanservices.gov.au
Gambling HelpLine	1800 858 858	
GriefLink		www.grieflink.org.au
headspace	1800 650 890	www.eheadspace.org.au
Kids Helpline (available for young people 5 – 25 years)	1800 551 800	www.kidshelpline.com.au
Lifeline	13 11 14	www.lifeline.org.au
LiFE: suicide & self-harm prevention		www.livingisforeveryone.com.au
MensLine Australia	1300 789 978	www.mensline.org.au
Mental Health in Multicultural Australia		www.mhima.org.au
MindOUT!		WWW.LGBTHEALTH.ORG.AU/MINDOUT
National Mental Health Commission		www.mentalhealthcommission.gov.au
National Domestic Violence hotline	1800 737 732	www.1800respect.org.au
Qlife (LGBTI) Counselling Service (3pm – midnight)	1800 184 527	www.qlife.org.au
Reachout		www.reachout.org.au
Relationships Australia		www.relationships.org.au
SANE Australia	1800 187 263	www.sane.org
Social and Emotional Wellbeing and Mental Health Services		www.sewbmh.org.au
Suicide Call Back Service	1300 659 467	www.suicidecallbackservice.org.au
Suicide Prevention Australia		www.suicidepreventionaust.org
Support After Suicide		www.supportaftersuicide.org.au
Veterans & Veterans Families Counselling Service	1800 011 046	www.vvcs.gov.au
Winston's Wish Children's Bereavement		www.winstonswish.org.uk

The websites above may provide direct online support and/or links to other services & resources

StandBy Local Services – visit website: www.standbysupport.com.au		
Queensland	Brisbane North & South	0438 150 180
	Central Qld, Wide Bay & Sunshine Coast	0418 656 764
	Northern Qld	0407 490 005
	North West Central Qld	0408 839 711
ACT	ACT	0421 725 180
Victoria	Murray	0439 173 310
South Australia	Country SA - South	0437 752 458
	Country SA - North	0438 728 644
NSW	North Coast New South Wales	0417 119 298
Tasmania	Tasmania	0400 183 490
WA	East Kimberley	0488 910 012
	West Kimberley	0458 889 937
	MATES (WA)	1300 642 111
NT	Pilbara	0438 611 999
	Northern Territory	0418 575 680

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For more information about our local StandBy regions visit www.standbysupport.com.au

Email: standbynational@unitedsynergies.com.au (this is the National Administration Office this is not a crisis support office)

StandBy: An Australian Government Initiative