

USEFUL NUMBERS – ORGANISATIONS

ANXIETY			
Anxiety Disorders Info	1300 794 992		NSW
Anxiety on Line		www.anxietyonline.org.au	
Anxiety Recovery Cent	1300 269 438	www.arcvic.org.au	VIC
Brave		www.brave.psy.uq.edu.au	CBT child anxiety
Facing Anxiety Program	1300 794 994	Sydney areas	Support Groups
CRUFAD		www.crufad.org	St.Vincent's
Panic Attacks		www.panicattacks.com.au	
This Way up		www.thiswayup.org.au	CBT lessons
MEDICAL/Professional			
APS	1800 333 497	www.psychology.org.au	Psychologist
CAPA	02 9235 1500	www.capansw.org.au	NSW
Bulk Bill GP	1800 285 524		
Find a psychiatrist	1800 337 448	www.ranzcp.org.au	
Find a GP		www.nhsd.com.au	
Health Direct	1800 022 222	www.healthdirect.gov.au	Registered nurses
Home Doctor	13 74 25		
Law Access Line	1300 888 529		NSW
Mental Health Line	1800 011 511		
Medicines Line	1300 633 424	www.nps.org.au	M-F 9 -5
Royal Commission	1800 099 340		
DEPRESSION/MH			
Black Dog Institute		www.blackdoginstitute.org.au	
e-Couch		www.ecouch.com.au	Coping strategies
Grow – MH groups	1800 558 268	www.grow.net.au	Support Groups
MI Fellowship	1800 985 944		Directs to states
Mindspot	1800 614 434	www.mindspot.org.au	
Mood gym		www.moodgym.anu.edu.au	Online stress CBT
My compass		www.mycompass.org.au	18+ self help
Sane	1800 187 263	www.sane.org	MH Support
DRUG & ALCOHOL			
Alcohol/Drug Helpline	1300 660 068	www.sharc.org.au/program/family-drug-help	
Al Anon	1300 252 666	www.al-anon.alateen.org	Family/friends
Interventions Aust	02 6639 8899	www.interventionsaustralia.com	
RELATIONSHIP/FAMILY			
DV Line	1800 737 732	www.1800respect.org.au	Domestic violence
Family Relationship Advice Line	1800 050 321	www.familyrelationships.gov.au	Law, separation, family
Post Natal Depression	1300726 306	www.panda.org	
Pregnancy, Birth and baby Helpline	1800 882 436		Birth & baby
Relationships Australia	1300 364 277	www.relationships.org.au	

YOUTH			
Bite Back	-	www.biteback.org.au (Black Dog Institute)	Mindfulness, self help
Brave	-	www.brave.psy.uq.edu.au	CBT anxiety
Butterfly Foundation	1800 33 4673	www.butterflyfoundation.org.au	Eating Disorders
Headspace	1800 650 890	www.eheadspace.org.au	Under 25
Kids Helpline	1800 551 800	www.kidshelp.com.au	Under 25
Kidsmatter		www.kidsmatter.edu.au	Parent resources
Parentline	1300 365 859 1300 30 1300 (QLD) 1300 1300 52 (NSW)	www.parentline.org.au www.parentline.com.au	Parent resources
Reach Out	-	www.reachout.com	Help seeking beh, mindfulness, bullying, etc
MEN			
Mens Shed Assoc	1300 550 009	www.menshed.org.au	
Mensline	1300 789 978	www.mensline.org.au	
Veterans Line	1800 011 046		
SUICIDE			
Poisons Line	13 11 26		24/7
Suicide Call Back	1300 659 467	www.suicidecallbackservice.org.au	
Lifeline	13 11 14	www.lifeline.org.au	Free from mobile
OTHER			
ADHD	-	www.everydaywithadhd.com.au	Adult support
ARAFMI	1800 655 198 1300 550 265	www.arafmi.org www.arafmiaustralia.asn.au	Support for carers
ASCA	1300 657 380	www.asca.org.au	Child Abuse
Aust Centre for PTMH	03 9936 5100	www.acpmh.unimelb.edu.au	Info on PTSD
Cancer Line	13 11 20	www.cancer.org.au	
Carer Support Line	1800 242 636		
EAP	-	www.eapaa.org.au/	General
Enough is Enough		www.enoughisenough.org.au	Anti-violence
Financial Counselling	1800 007 007	Directed to one in their area	
Gambling Helpline	1800 858 858	www.gamblinghelponline.org.au	
Gay & Lesbian Assoc	1800 184 527	www.glcnswn.org.au	
Griefline	02 9935 7400 03 9935 7400	www.griefline.org.au	
Kin Care	1300 733 510	www.kincare.com.au	In home aged care
MVA		www.journeybeyondroadtrauma.org	
Road Trauma/MVA	1300 367 797	www.rtssv.org.au	VIC
PTSD	03 9936 5100	www.acpmh.unimelb.edu.au	Not counselling
Salvos Careline	1300 363 622		
Victims of Crime	1800 000 055	www.victimsofcrime.com.au	
Women Legal Resource	1800 801 501		