

Specialist Psychiatry Clinic

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MENTAL HEALTH EMERGENCY SERVICES

If you or someone you know is in a crisis, please call 000

Mental Health Access Line (MHCALL) 24/7 Confidential mental health telephone triage service, linked to public mental health services. T: 1300 64 22 55	Lifeline 24/7 crisis support and suicide prevention services. Chat to Lifeline online (8am – 4am AEST, 7days) T: 13 11 14
Beyond Blue 24/7 source of mental health information and support. T: 1300 22 46 36	Open Minds Registered NDIS provider delivering mental health, disability, and employment support services. www.openminds.org.au
MensLine Australia 24/7 help, support, referral, and counselling services for men via telephone, online and video. www.mensline.org.au T: 1300 789 978	SANE Australia Helpline Provides information, guidance, and referrals for mental health concerns. Mon-Fri 10am – 8pm AEST www.sane.org T: 1800 187 263
Suicide Call Back Service 24/7 free counselling for suicide prevention and mental health for anyone affected by suicide. T: 1300 659 467	QLife Anonymous and free LGBTIQ+ peer support and referral for people in Australia. T: 1800 184 527
PANDA (Perinatal Anxiety & Depression Australia) Supporting mental health of parents and families during pregnancy and their first year of parenthood. (Monday -Saturday) W: https://www.panda.org.au/ T: 1300 726 306	Headspace National youth mental health foundation. Providing early intervention mental health services to 12 to 25 year olds. www.headspace.org.au/headspace-centres
Child and Youth Mental Health Service (CYMHS) Support for children up to 18 years old. Provides support and assessment to young people and their families, 24/7. T: 07 3068 2555	Kids Helpline Australia's only 24/7, private and confidential counselling service specifically for children and young people aged 5 to 25 years. T: 1800 551 800