



**Billy Cart**  
BEHAVIOUR

# CRISIS SUPPORT INFORMATION

Services that can assist during times of hardship and crisis.

## CARER SUPPORT

### Carers Gateway

- 1800 177 833
- [www.carergateway.gov.au](http://www.carergateway.gov.au)

### Parentline

- 1300 301 300
- [www.parentline.com.au](http://www.parentline.com.au)



## 24/7 CRISIS SUPPORT

### Beyond Blue

- 1300 224 636

### MensLine Australia

- 1300 789 978

### Lifeline Crisis Hotline

- 13 11 14

## CHILD SUPPORT

### Youth Beyond Blue

- 1300 224 636

### Headspace

- 1800 650 890

### Kids Helpline

- 1800 551 800

## LGBTQIA+

### QLife

1800 184 527

[www.qlife.org.au](http://www.qlife.org.au)

### Open Doors Youth

[www.opendoors.net.au](http://www.opendoors.net.au)

## FIRST NATIONS

**13 YARN** - 13 92 76

### Brother to Brother

- 1800 435 799

### National Indigenous

### Postvention Service

- 1800 805 801

## PHONE SUPPORT

### Suicide Call Back Service

- 1300 659 467

### Open Arms (Veterans)

- 1800 011 046

### Blue Knot Foundation (Trauma)

- 1300 657 380

### Eating Disorders Family Aus

- 1300 195 626

### Griefline

- 1300 845 745



## ONLINE SUPPORT

### Mental Health Online

- Free online services and programs for people experiencing mental health
- [www.mentalhealthonline.org.au](http://www.mentalhealthonline.org.au)

### PartnerSPEAK

- Support for partners, family or friends affected by another person's involvement in child sexual abuse. Online chat and peer forums.
- [www.partnerspeak.org.au](http://www.partnerspeak.org.au)

### Sane Forums

- Online space for people with Mental Illness and Family to share experiences
- [www.saneforums.org](http://www.saneforums.org)

