

## **Australia**

### **Suicide Prevention**

[Lifeline](#): 13 11 14

[Suicide Call Back Service](#): 1300 659 467

[Kids Helpline](#) for young people aged 5-25: 1800 55 1800

[BeyondBlue](#) mental health support: 1300 22 4636

### **Abuse and Domestic Violence**

[1800RESPECT](#) domestic violence and abuse helpline: 1800 737 732

[MensLine Australia](#) for male relationship issues, including family violence: 1300 78 99 78

[Men's Referral Service](#) advice for men worried about their behavior: 1300 766 491

[Living Well](#) directory of Australia-wide sexual assault services

[Kids Helpline](#) for young people aged 5-25: 1800 55 1800

[CAPS](#) for a list of state child abuse hotlines

[Elder Abuse Prevention Unit](#) helpline: 1300 651 192

[Relationships Australia](#): 1300 364 277

### **Addiction**

[National Alcohol and Other Drug hotline](#): 1800 250 015

[Family Drug Support Australia](#) Support Line for families dealing with drugs and alcohol: 1300 368 186

[24-hour Alcohol and Drug Information Services](#) (ADIS) in your state

[Quitline](#) for help to stop smoking: 13 7848

[Sane Helpline](#) for those with addiction and mental health issues: 1800 187 263

### **Bullying/Teens**

[Kids Helpline](#) for young people aged 5-25: 1800 55 1800

[Headspace](#) national youth mental health service: 1800 650 890

[Beyond Blue](#) for young people: 1300 22 4636

[QLife](#) LGBTQ+ support helpline: 1800 184 527

### **Eating Disorders**

[Butterfly National Helpline](#) for people with eating disorders and their carers: 1800 33 4673

### **Grief and Loss**

[GriefLine](#) counselling and support services: 1300 845 745

## **LGBTQ+**

[QLife](#) LGBTQ+ support helpline: 1800 184 527

[Headspace](#) national youth mental health service: 1800 650 890

## **Mental Health**

[healthdirect](#) 24-hour health advice: 1800 022 222

[Sane Australia](#) counselling support for mental health issues: 1800 187 263

[MensLine Australia](#) for male mental health issues: 1300 78 99 78

[Kids Helpline](#) for young people aged 5-25: 1800 55 1800

[Beyond Blue](#) for young people: 1300 22 4636

[Mind](#) mental health support: 1300 286 463

## **Parenting**

[Parentline](#) (QLD and NT): 1300 30 1300 or [find a parentline](#) in another state or territory

[Parents Beyond Breakup](#) helpline for those dealing with breakups: 1300 853 437

[Relationships Australia](#): 1300 364 277

[Family Relationship Advice Line](#): 1800 050 321

[Tressilion parents help line](#) for parents of infants and toddlers: 1300 272 736