

Find A Support Service

 <p>Free, private and confidential, phone counselling service specifically for young people aged between 5 and 25.</p> <p>Call 1800 55 1800 www.kidshelpline.com.au</p>	 <p>If you're going through a hard time right now, the Beyond Blue Support Service is available 24/7 for brief counselling.</p> <p>Call 1300 22 4636 www.beyondblue.org.au</p>	 <p>Lifeline provides access to crisis support, suicide prevention and mental health services.</p> <p>Call 13 11 14 www.lifeline.org.au</p>
 <p>Headspace is the national youth mental health foundation. It helps young people who are going through a tough time.</p> <p>Call 1800 650 890 www.headspace.org.au</p>	 <p>Counselling services and support for carers, including peer support groups, online training and counselling.</p> <p>Call 1800 422 737 www.carergateway.gov.au</p>	 <p>Free counselling, peer support and referrals for individuals experiencing complex mental ill-health or trauma-related issues.</p> <p>Call 1800 187 263 www.sane.org</p>
 <p>Mental Health Centres</p> <p>Free, immediate, short and medium-term care to anyone living in Australia. You do not need a Medicare card, appointment or a GP referral.</p> <p>Call 1800 595 212 Find a centre at health.gov.au</p>	 <p>Dedicated to bringing about change to the culture, policy and practice in the prevention, treatment and support of those affected by eating disorders and negative body image.</p> <p>Call 1800 33 4673 thebutterflyfoundation.org.au</p>	 <p>Free telephone and web-based counselling and referral service for LGBTQIA+ people of all ages.</p> <p>Call: 1800 184 527 www qlife.org.au</p>
 <p>The Black Dog Institute is a world leader in the diagnosis, treatment and prevention of mood disorders such as depression and bipolar.</p> <p>www.blackdoginstitute.org.au</p>	 <p>Search for a psychologist in your area. Find over 8,000 psychologists Australia wide, who are in private practice and provide services for a fee.</p> <p>www.psychology.org.au/ FindAPsychologist</p>	 <p>Free, confidential crisis support run by Aboriginal & Torres Strait Islander people.</p> <p>Call 13 92 76 (24/7) www.13yarn.org.au</p>

Find more at batyr.com.au/get-support