

Supporting your mental health and wellbeing



In your workplace

Talk to your people leader, Human Resources (HR) or Work Health and Safety (WH&S) manager to connect you to resources, processes or people that can assist you, including details of your EAP.

With your GP

Speak to your GP about a Mental Health Treatment Plan and select a long consultation when booking so you can learn more about supporting your wellbeing.

Lifeline

Confidential, 24/7 crisis support

Call 13 11 14
Text 0477 13 11 14
Online chat lifeline.org.au

Beyond Blue

24/7 support, advice & actions to look after your mental health & wellbeing

Call 1300 224 636
Online chat 1pm-12am
Email via beyondblue.org.au

QLife

LGBTIQA+ peer support and referral

Call 1800 184 527 3pm-12am
Online chat qlife.org.au

1800 Respect

24/7 support for those impacted by sexual assault and domestic and family violence and abuse

Call 1800 737 732
Online chat 1800respect.org.au

Mensline

24/7 counselling service for men

Call 1300 78 99 78
Online chat mensline.org.au

13YARN

24/7 One-on-one crisis support with a life-trained Aboriginal and Torres Strait Islander Crisis Supporter

Call 13YARN 139276
www.13yarn.org.au

Suicide Call Back Service

24/7 crisis support for people affected by suicide

Call 1300 659 467
Online or video chat
suicidecallbackservice.org.au

Standby Support After Suicide

24/7 support for those bereaved or impacted by suicide

Call 1300 727 427
Email standbysupport.com.au