

## Mental Health Support Services



**GO**

I want to take  
preventative action  
for my mental health

**Drs4Drs Telemedicine Service:** 1300 Drs4Drs (1300 374 377)

**HandnHand Peer Support:** [handnhand.org.au](http://handnhand.org.au)

**The Essential Network for Health Professionals:**  
[blackdoginstitute.org.au/the-essential-network/](http://blackdoginstitute.org.au/the-essential-network/)

**Headspace:** for 12-25 yrs [headspace.org.au/eheadspace](http://headspace.org.au/eheadspace)

**Anonymous LGBTIQ peer support/referral:** [qlife.org.au](http://qlife.org.au)  
or 1800 184 527



**SLOW**

I am experiencing  
burnout and/or  
mental illness

**Find a Psychiatrist:** [yourhealthinmind.org](http://yourhealthinmind.org)

**MensLine:** 1300 78 99 78

**First Nations Support - Wellmob:** [wellmob.org.au](http://wellmob.org.au)

**Doctor's Health Services:**

ACT - 02 9437 6552

NSW - 02 9437 6552

NT - 08 8366 0250

QLD - 07 3833 4352

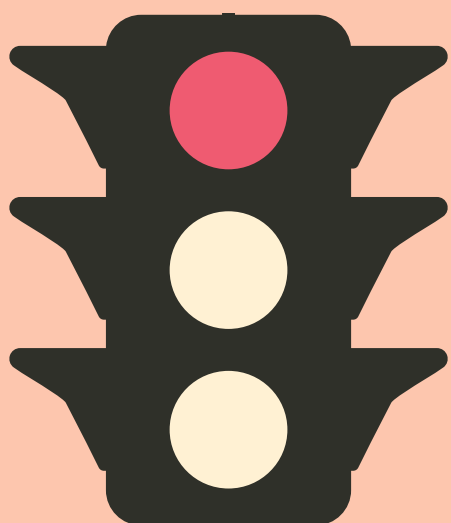
SA - 08 8366 0250

TAS - 1800 991 997

VIC - 03 9280 8712

WA - 08 9321 3098

**1800RESPECT** – National domestic, family and sexual violence  
counselling and support service: 1800 737 732 or  
[1800RESPECT.org.au](http://1800RESPECT.org.au)



**STOP**

I am in need of  
urgent support

**Emergency Services:** 000 or 112

**Lifeline:** 13 11 14

**Suicide Call Back Service:** 1300 659 467

**Beyond Blue:** 1300 22 4636 or [beyondblue.org.au](http://beyondblue.org.au)