

SUPPORT

Support Services

There are times in our lives where we just need to talk to someone. In Australia there are services available that can be that listening ear when you need it.

[Lifeline: 13 11 14](#)

In addition to their phone service, lifeline also offers an online chat service <https://www.lifeline.org.au/> and a text service (text 0477 13 11 14)



[Beyond Blue: 1300 224 636](#)

Beyond Blue also offer an online chat option available through their website <https://www.beyondblue.org.au/>



[1800 respect: 1800 737 732](#)

24 hour national sexual assault, family and domestic violence counselling line for any Australian who has experienced, or is at risk of, family and domestic violence and/or sexual assault.



[Mensline: 1300 78 99 78](#)

Telephone counselling to support men with concerns about mental health, anger management, family violence (using and experiencing), addiction, relationship, stress and wellbeing. An online chat and video chat option is also available. <https://mensline.org.au/>



[Suicide Callback Service: 1300 659 467](https://www.suicidecallbackservice.org.au/)

Online and video chat options are also available.
<https://www.suicidecallbackservice.org.au/>



[Kids Helpline: 1800 551 800](https://kidshelpline.com.au/)

Email options and online chat options are also available. <https://kidshelpline.com.au/>



[13 Yarn: 13 92 76](https://www.13yarn.org.au/)

First national crisis support line of mob who are feeling overwhelmed or having difficulty coping.



[13 Health: 13 43 25 84](https://www.13health.org.au/)

Confidential phone service that provides health advice and referrals. Run by registered nurses.



Other Support Lines (Not 24 hours)

[Parent Line: 1300 301 300](https://parentline.com.au/)

Telephone counselling to parents and carers of children aged 0-18 years old. Email and online chat options also available. Available 8am -10pm 7 days a week <https://parentline.com.au/>



[Elder Abuse Helpline: 1300 651 192](https://www.elderabusehelpline.com.au/)

Confidential helpline for anyone who experiences, witnesses or suspects that an older person is being abused by someone they know and trust. 9am til 5pm Monday to Friday



[Carer Gateway: 1800 422 737](https://www.carergateway.gov.au/)

A range of practical and emotional supports for carers including counselling, financial support and emergency respite. <https://www.carergateway.gov.au/>



[Family and Child Connect: 13 32 64](https://www.familychildconnect.org.au/)

Support for families going through a tough time. Free, unlimited and confidential advice. In person options also available in a number of locations <https://www.familychildconnect.org.au/>