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## FINDING PROFESSIONAL SUPPORT

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### WHO IS PROFESSIONALLY TRAINED TO HELP?

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GPs  
Psychiatrists  
Psychologists  
Clinical psychologists  
Mental health nurses  
Mental health social workers  
Aboriginal and Torres Strait Islander health workers  
Counsellors  
Crisis Assessment Teams

Find out more about these professions here:

<https://www.beyondblue.org.au/get-support/who-can-assist>

<https://www.psychology.org.au/for-the-public/about-psychology/types-of-psychologists>

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### FIND A PSYCHOLOGIST / SERVICE

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<https://www.psychology.org.au/Find-a-Psychologist>

<https://acpa.org.au/find-a-clinical-psychologist/>

Headspace - face to face support and services for 12-25 years

<https://headspace.org.au/headspace-centres/>

NSW Health Mental Health Services and Support list

<https://www.health.nsw.gov.au/mentalhealth/services/Pages/support-contact-list.aspx#gen>

Anxiety Disorders Clinic, St Vincent's Hospital, Sydney

<https://crufad.org/anxiety-disorder-clinic/>

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### WEBSITE SOURCES OF INFORMATION ABOUT ANXIETY, DEPRESSION AND OTHER MENTAL HEALTH PROBLEMS INCLUDING INFORMATION FOR CARERS AND PARENTS

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Black Dog Institute <https://www.blackdoginstitute.org.au/>

Beyond Blue <https://www.beyondblue.org.au/>

Centre for Clinical Interventions <https://www.cci.health.wa.gov.au/Resources/Overview>

SANE Australia [www.sane.org](http://www.sane.org)

Mind Health Connect <http://www.mindhealthconnect.org.au/>

Discussing suicide <http://www.conversationsmatter.com.au/>

Carer Gateway – information to support carers <https://www.carergateway.gov.au/>

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## GENERAL MENTAL HEALTH RESOURCES FOR CHILDREN AND YOUNG PEOPLE

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### KIDS MATTER

KidsMatter is an Australian mental health and well-being initiative set in primary schools and early childhood education and care services

<https://www.kidsmatter.edu.au/mental-health-matters>

**BE YOU** is a great educational resources for teachers and leaders in the community

<https://beyou.edu.au/>

**HEADSPACE** services for 12-25 year olds

<https://headspace.org.au/resource-library/category/resources-for-young-people/>

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## TELEPHONE HELPLINES - SUICIDE SUPPORT & OTHER CONCERNS

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### LIFELINE

24-hour national telephone crisis counselling service and online counselling

Telephone: 13 11 14 or [www.lifeline.org.au](http://www.lifeline.org.au)

### KIDS HELPLINE

Free confidential 24-hour telephone and online counselling for young people aged 5 to 25 years

Telephone: 1800 55 1800 or [www.kidshelpline.com.au](http://www.kidshelpline.com.au)

### SUICIDE CALL BACK SERVICE

24-hour national telephone counselling and online service for people 18 years and over

Telephone: 1300 659 467 or [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

### GAMBLING HELPLINE

1800 858 858 Webchat or phone counselling <https://www.gamblinghelponline.org.au/>

**MENSLINE AUSTRALIA** A dedicated service for men with relationship and family concerns. Phone:

1300 78 99 78

<http://www.mensline.org.au/>

**1800RESPECT** National sexual assault, domestic family violence counselling services 24-hour online

support for workers and professionals. 1800 737 732 <https://www.1800respect.org.au/>

**PANDA - NATIONAL PERINATAL DEPRESSION HELPLINE** PANDA is keen to support any new parent

struggling during pregnancy or after the birth of their baby, as well as their partner, family and

friends. 1300 726 306 from Mon – Fri, 9am – 7.30pm (AEST/AEDT).

<http://www.panda.org.au/>

**RELATIONSHIPS AUSTRALIA** Relationships Australia is a leading provider of relationship support

services for individuals, families and communities. 1300 364 277

<http://www.relationships.org.au/>

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## ONLINE EVIDENCE-BASED COURSES FOR ANXIETY AND DEPRESSION

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**BRAVE** - The BRAVE Program is an interactive, online program for the prevention and treatment of childhood and adolescent anxiety. The programs are free, and provide ways for children and teenagers to better cope with their worries. There are also programs for parents.

<https://brave4you.psy.uq.edu.au/>

**This Way Up** <https://thiswayup.org.au/>

This Way Up offers a range of online courses for anxiety, depression, chronic pain, obsessive-compulsive disorder and post-traumatic stress disorder.

**Mindspot** <https://mindspot.org.au/>

MindSpot offers a number of treatment courses for people with symptoms of stress, worry, anxiety, low mood and depression. These courses help people learn about their symptoms, and learn proven skills to manage their emotional wellbeing and improve their quality of life.

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## MENTAL HEALTH FIRST AID COURSES

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A range of short courses (1-2 days) are available that help people learn how to assist adults who are developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis, until appropriate professional help is received or the crisis resolves.

Options include:

MHFA <https://mhfa.com.au/courses>

ASIT training <https://www.livingworks.net/programs/asist/>