

Mental and wellbeing support options

Essential support services for the general public and health practitioners during the COVID-19 crisis are provided below.

EMPHN Referral and Access

For anyone seeking assistance with accessing or navigating Mental Health, Drug and Alcohol services in the EMPHN catchment

Phone: 9800 1071

Web: <https://www.emphn.org.au/what-we-do/mental-health/referral-and-access-team>

Beyond Blue

Support and information for anyone experiencing Anxiety and Depression

Phone: 1300 224 636

Web: beyondblue.org.au

Kids Helpline

Counselling service specifically for young people aged between 5 and 25

Phone: 1800 551 800

Web: kidshelpline.com.au

Mens Line Australia

Offering boys and men support, referrals and counselling; specialising in family and relationships

Phone: 1300 789 978

Web: mensline.org.au

Open Arms

Veterans and family counselling

Phone: 1800 011 046

Web: openarms.gov.au

1800RESPECT

National sexual assault, family and domestic violence counselling and support line

Phone: 1800 737 732

Web: 1800respect.org.au

Lifeline

Anyone experiencing a personal crisis

Phone: 13 11 14

Web: lifeline.org.au

Suicide Call Back Service

Anyone thinking about suicide

Phone: 1300 659 467

Web: suicidecallbackservice.org.au

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My Emergency Doctor

Enabling people to access a specialist emergency doctor 24 hours a day, 365 days per year

Phone: 1800 000 633

Web: <https://www.myemergencydr.com/>

Nurse On Call

NURSE-ON-CALL puts you directly in touch with a registered nurse for caring, professional health advice around the clock

Phone: 1300 606 024

COVID-19 triage Hotline

Assisting in triaging people with respiratory symptoms and those concerned about contact with possible COVID-19 cases

Phone: 1800 020 080