



Helpful contact numbers and links

- 1. NQ Connect:** 1300 059 625 **24/7** free online counselling
NQ residents
- 2. Lifeline Australia:** 13 11 14
- 3. Kids Helpline Phone Counselling Service:** 1800 55 1800
- 4. Whitsunday Counselling and Support:** 4946 2999
For people who have experienced family violence, sexual assault, or are at risk of neglect or abuse. They also offer family counselling.
- 5. Whitsunday Community Health:** 4948 7633
Child and Youth Mental Health, is for urgent Mental Health Support.
- 6. DV Connect:** 1800 811 811
- 7. Parentline Phone Counselling Service:** 1300 30 1300
- 8. Beyond Blue:** 1300 22 4636

Online Programs:

BRAVE- A self-help, online program for child and adolescent anxiety: <https://brave4you.psy.uq.edu.au/>

Triple P- An online Parenting Program: www.triplep-parenting.net.au

Other important helpful numbers: IMMEDIATE CRISIS:

1. Private Psychologists & Counsellors, CHURCH Pastors, Priests & Ministers

SUICIDE CALL BACK Service: 1300 659 467

24 Hour phone and online chat services available for those at risk of suicide, carers and bereaved.

2. WHITSUNDAY SUICIDE PREVENTION NETWORK:

0408544558

3. MACKAY Division of MENTAL HEALTH AND AODS: 1300 MH CALL (1300 642 255) 24-hour, Free service for Adults & Youth.

4. MENSLINE: 1300 789 978

24-hour phone and online chat counselling

5. SALVATION ARMY Crisis Line: 07 38319016

24-hour phone crisis counselling

6. Trained counsellors at the Salvo Care Line are available 24 hours a day, 365 days a year. Our counsellors will help you work through a range of options which might include information and referrals to empower you.

Sydney Metro – (02) 8736 3292

Brisbane Metro – (07) 3831 9016

Regional NSW, QLD and ACT – 1300 36 36 22

RESOURCES, TELEPHONE COUNSELLING, FACE-TO-FACE COUNSELLING, REFERRAL SERVICES:

7. VVCS: 1800 011 046

24hour, Veterans & Veterans Families Counselling Service.