



## Helpful contact numbers and links

1. eHeadspace: 1800 650 890
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](http://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.