

Support for you

Lifeline Direct

Face to face counselling
www.lifelinedirect.org.au/services

Mensline Australia (24/7)

1300 789 978
www.mensline.org.au
(web chat/video chat)

Relationships Australia:

1300 364 277
www.relationships.org.au



Suicide Prevention
Central Coast

www.suicidepreventioncentralcoast.org.au

National Debt Hotline

1800 007 007
www.ndh.org.au

1800Respect (24/7)

(Sexual assault & domestic violence)
1800 737 732
www.1800respect.org.au (web chat)

Q Life

Qlife – LGBTIQ Community
1800 184 527
[www.qlife.org.au](http://www qlife.org.au) (web chat)

National Indigenous Critical Response Service (24/7)

1800 805 801
www.thirrili.com.au



Suicide & Crisis support

In an emergency, please call 000

Lifeline: 13 11 14 (24/7)

www.lifeline.org.au (web chat) • text 0477 13 11 14

Suicide Call Back Service: 1300 659 467 (24/7)

www.suicidecallbackservice.org.au (web chat)

NSW Mental Health Line: 1800 011 511 (24/7)

Beyond Blue: 1300 22 4636 (24/7)

www.beyondblue.org.au (web chat/email)

Kids Helpline: 1800 551 800 (24/7)

www.kidshelpline.com.au (web chat/email)

FREE online self-help tools to help with depression and anxiety



MyCompass (mild depression & anxiety)

<https://www.mycompass.org.au/>

Mindspot (moderate depression & anxiety)

www.mindspot.org.au

Moodgym (depression & anxiety)

www.moodgym.com.au

eCouch (depression & anxiety)

www.ecouch.com.au

Indigenous Wellbeing

(mild, moderate & severe depression & anxiety)

www.mindspot.org.au/indigenous-wellbeing

Post-Traumatic Stress Disorder (PTSD)

www.mindspot.org.au/ptsd-course

Obsessive Compulsive Disorder (OCD)

www.mindspot.org.au/ocd-course



Health
Central Coast
Local Health District



Black Dog
Institute