

Counselling and Wellbeing

Local Neighbourhood Centre

Drop into your local neighbourhood centre to find local counselling and wellbeing services.

Kids Helpline

Kids can call anytime and for any reason. It's **FREE** to call from your mobile, any public phone or landline.

Call: [1800 55 1800](tel:1800551800) or

Webchat: [About Webchat Counselling | Kids Helpline](#)

NSW Government

This website has an extensive list of health and counselling options for people living through a natural disaster.

Website: [Managing your mental health during and after a natural disaster | NSW Government](#)

Ask Izzy

Ask Izzy is a website that connects people in need with housing, meals, money help, family violence support, counselling and much more.

Website: [Ask Izzy](#)

Lifeline

Lifeline provides dedicated support for people living through natural disasters.

Call: 13 11 14

Website [Natural disasters | Lifeline](#)

Text: Call [1800 737 732](tel:1800737732)

Or text [0458 737 732](tel:0458737732)

Webchat: [online via chat at the Lifeline website](#)

13 YARN

First Nations crisis support line for mob who are feeling overwhelmed or having difficulty coping.

Call: [13 92 76](tel:139276)

Website: [About us | 13YARN](#)

Beyond Blue

Beyond Blue is a free and confidential online and telephone support service that provides free counselling.

Call: 1300 22 4636

Webchat: [Chat online to a counsellor](#)

Website: [Natural disasters and your mental health - Beyond Blue - Beyond Blue](#)

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Medicare Mental Health

Medicare Mental Health Centre's provide a welcoming space for anyone to access free and confidential mental health, social and emotional wellbeing support.

Call: [1800 595 212](tel:1800595212)

Website: [Medicare Mental Health Centres](#)
[| Medicare Mental Health](#)

QLife

Open 3pm – 9pm daily to provide anonymous and free LGBTIQ+ peer support and referral for people in Australia.

Call: [1800 184 527](tel:1800184527)

Website: [Get Help](#)

1800 RESPECT

1800RESPECT provides information and resources for those impacted and for professionals who support people impacted by domestic, family and sexual violence.

Call: [1800 737 732](tel:1800737732)

Text: [0458 737 732](tel:0458737732)

Website: [Home](#) | [1800RESPECT](#)

MensLine Australia

MensLine Australia is a free telephone and online counselling service offering support for Australian men anywhere, anytime.

Call: [Call 1300 78 99 78](tel:1300789978)

Website: [Free help, referrals & counselling for men: MensLine Australia](#)

Rainbow Sexual, Domestic and Family Violence Helpline

Any person, professional, friend or family member of a person in Australia who is from LGBTIQ+ communities who has recently or in the past experienced sexual, domestic or family violence. Professional trauma counselling provided by counsellors.

Call: [1800 497 212](tel:1800497212)

Website: [Rainbow Sexual, Domestic and Family Violence... | Full Stop Australia](#)

Suicide Callback Service

Suicide Call Back Service is a free nationwide service providing 24/7 phone and online counselling to people affected by suicide.

Call: [Call 1300 659 467](tel:1300659467)

Website: [Mental health counselling | Suicide Call Back Service](#)