



## Counselling and support

**Beyondblue**  
1300 224 636

[www.beyondblue.org.au](http://www.beyondblue.org.au)

Beyondblue: the national depression initiative. Opening our eyes to depression throughout Australia.

**Black Dog Institute**  
[www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)

The Black Dog Institute is an educational, research, clinical and community-oriented facility offering specialist expertise in mood disorders – a range of disorders that include depression and bipolar disorder.

**Cannabis Information and Helpline**  
1800 30 40 50

[www.ncpic.org.au](http://www.ncpic.org.au)

A confidential information and support line for cannabis users and friends and family who are concerned about cannabis use by those close to them.

**Counselling online**  
[www.counsellingonline.org.au](http://www.counsellingonline.org.au)

CounsellingOnline is a service where you can communicate with a professional counsellor about an alcohol or drug related concern, using text-interaction.

**Headspace**  
[www.headspace.org.au](http://www.headspace.org.au)

Headspace provides mental and health wellbeing support, information and services to young people and their families across Australia.

**It's All Right**  
[www.itsallright.org](http://www.itsallright.org)

The SANE website for young people who have friends and relatives with a mental illness.

**Kids Help Line**  
1800 551 800  
[www.kidshelp.com.au](http://www.kidshelp.com.au)

A national phone and online counselling service for young people aged 5 to 18 years. It's free, anonymous and completely confidential.

**Lifeline**  
13 11 14  
[www.lifeline.org.au](http://www.lifeline.org.au)

A national 24-hour phone counselling service there to help you through any problem, no matter how big or small.

**Mensline****1300 78 99 78****[www.menslineaus.org.au](http://www.menslineaus.org.au)**

To empower Australian men to actively participate in building and sustaining healthy personal relationships that support healthy families, workplaces and communities.

**Reach Out!****[www.reachout.com.au](http://www.reachout.com.au)**

A place online where you can find the information you need about mental health issues and some space to chill out. Reach out. Find out. Move on.

**SANE Helpline****1800 187 263****[www.sane.org](http://www.sane.org)**

Mental health information and help on the phone (Monday to Friday, 9am–5pm) or online.

**Somazone****[www.somazone.com.au](http://www.somazone.com.au)**

Somazone is an Australian website developed by young people for young people. Somazone provides fast, free, anonymous access to quality-assured health information. Somazone is a program of the Australian Drug Foundation (ADF) and aims to empower young people to address their physical, emotional and social health needs in a way that is relevant and non-judgemental.

**Turning Point Alcohol and Drug Centre****[www.turningpoint.org.au](http://www.turningpoint.org.au)**

Turning Point strives to promote and maximise the health and wellbeing of individuals and communities living with and affected by alcohol and other drug-related harms.

**Youth BeyondBlue****1300 224 636****[www.youthbeyondblue.com](http://www.youthbeyondblue.com)**

Youth beyondblue's all about getting the message out there that it's okay to talk about depression, and to encourage young people and their family and friends to get help when it's needed.

**Youth Substance Abuse Service****1800 014 446****[www.ysas.org.au](http://www.ysas.org.au)**

The Youth Substance Abuse Service (YSAS) is a statewide community service providing a continuum of services for young people aged between 12 and 21 who are experiencing problems related to alcohol and other drugs.