

# You are not alone. Help is always available.

When it comes to your *thoughts* and how you are *feeling*, sometimes we need more help and advice than our friends, family and support workers can provide. The below organisations are available 24/7 to listen to you, and provide advice that will make you feel at ease.

Organisation	What do they do to help?	Phone number	Website/reference
Medical Emergency	Ambulance Police Fire Brigade	000	
Lifeline	Providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services.	13 11 14	<a href="http://www.lifeline.org.au">www.lifeline.org.au</a>
Headspace	Tailored and holistic mental health support to 12 - 25 year olds, including national telehealth services and service online.		<a href="http://www.headspace.org.au">www.headspace.org.au</a>
Beyond Blue	Beyond Blue is here to help people in Australia understand that these feelings can change. We want to equip them with the skills they need to look after their own mental health and wellbeing, and to create confidence in their ability to support those around them.	1300 224 636	<a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a>
Financial Counselling	A not-for-profit national debt hotline that helps people tackle their debt problems. Professional financial counselors offer free, independent and confidential service.	1800 007 007	<a href="http://www.ndh.org.au">www.ndh.org.au</a>
Carers Australia	Provide counselling for carers.	1800 242 636	<a href="http://www.carersaustralia.com.au">www.carersaustralia.com.au</a>
Endeavour Foundation Complex Support Hub	The Endeavour Foundation Complex Support Hub are a dedicated team who can provide you with suggestions on how to manage complex behaviours, especially during times of significant change.	0417 472 454	<a href="http://www.endeavour.com.au">www.endeavour.com.au</a>