

Support Services

National telephone counselling services

[AVA Counselling Service](#) – 24-hour counselling service for members only

Phone 1800 337 068

[Lifeline](#) – counselling services for anyone any time

Phone 13 11 14

[SANE helpline](#) – Information, advice and referral for mental illness

Phone 1800 187 263

[Beyondblue](#) – information and referral for depression and anxiety

Phone 1800 224 636

[Parentline](#) – support, counselling and education for parents

Phone 1300 301 300

[Diverse Voices](#) – peer counselling service for gay, lesbian, bisexual, transgender and intersex people their families and friends

Phone 1800 184 527 (3pm to midnight)

[Harmony Place](#) – mental health services for culturally and linguistically diverse people and communities

Phone (07) 3848 1600

[ARAFMI](#) – support for family, friends and carers of people with mental illness

Phone 1800 351 881

[Men's Line](#) – telephone and online support, information and referral service to help men with relationship and other problems

Phone 1300 789 978

[MiNetworks](#) – connects you to an experienced mental health worker to find information and support

Phone 1800 985 944

Social media groups

AVA Graduate Mentoring Facebook Group:

<https://www.facebook.com/groups/AVAGraduateMentoringProgram/>

LGBTIA + facebook group: <https://www.facebook.com/groups/1413152988791867/>

National online organisations – mental health, mindfulness, wellbeing

- [Mindful.org](#)
- [Beyondblue](#)
- [Australian mindfulness institute](#)
- [MindSpot clinic](#)
- [Mental Health Australia](#)
- [Good Therapy.org](#)
- [Suicide Prevention Australia](#)
- [NICABM](#)
- [Mental Health First Aid Australia](#)
- [Potential Project](#)
- [The Mind and Life institute](#)
- [LifeLine](#)
- [Black Dog Institute](#)
- [Heads Up](#)
- [Headspace](#)
- [GROW](#)

State-specific organisations, support groups and resources

Queensland

[Queensland Government Directory](#)

[GROW QLD](#) - support groups based on a 12-step self-help program for people suffering anxiety, depression or other mental or emotional distress

[Carers Queensland](#) – provides support groups for carers throughout the whole of QLD. Offers social and emotional support, an opportunity to share information and ideas, and time out from the caring role.

[Centacare Cairns](#)

[Depression and Bipolar meet-up group](#)

[HAND UP](#) (Townsville) is a support group for anyone dealing with mental health issues such as depression and anxiety. Call John: 07 4779 2203 or email: karen@handsup.org.au

[Mental Health Association](#) (QLD) inc. – provides details of support groups for depression, bipolar, panic/anxiety, OCD and disassociative identity

[Mental illness fellowship of North Queensland inc.](#) – assists a variety of self-help and support groups. Also provides telephone support networks for rural and remote areas to reduce isolation.

[Neami National](#) – provides a range of psychosocial health and mental health recovery services including group programs, outreach support and short-term, live-in recovery services

New South Wales

[GROW NSW](#) - support groups based on a 12-step self-help program for people suffering anxiety, depression or other mental or emotional distress

[ARAMFI NSW](#) – provides support groups for carers, family and friends of the mentally ill

[Carers NSW](#) - provides support groups for carers throughout the whole of QLD. Offers social and emotional support, an opportunity to share information and ideas, and time out from the caring role.

[CAN Mental Health](#) – provides support groups and other services for people recovering from mental illness

Victoria

[Mental Health foundation of Australia \(Victoria\)](#) – runs a mood disorders support group in Richmond

[PaNDA](#) – A Victorian organisation for women and their families affected by ante and post natal mood disorders

[Anxiety disorders association of Victoria](#) – support groups that provide friendship, encouragement, and recovery management to assist people that suffer from Panic disorder, social phobia, agoraphobia, generalised anxiety and depression

[Pahran Mission](#) – day rehabilitation programs and drop-in centre

[Outdoors Inc](#) – provides psychosocial rehabilitation for people with mental illness through recreation, play and outdoor adventure programs

[GROW VIC](#) - support groups based on a 12-step self-help program for people suffering anxiety, depression or other mental or emotional distress

[Carers VIC](#) - provides support groups for carers throughout the whole of QLD. Offers social and emotional support, an opportunity to share information and ideas, and time out from the caring role.

Australian Capital Territory

[Mental Health Foundation ACT](#) – provides details of support groups specialising in depression, bipolar, anxiety, OCD and schizophrenia

[GROW ACT](#) - support groups based on a 12-step self-help program for people suffering anxiety, depression or other mental or emotional distress

[Carers ACT](#) - provides support groups for carers throughout the whole of QLD. Offers social and emotional support, an opportunity to share information and ideas, and time out from the caring role.

South Australia

[GROW SA](#) - support groups based on a 12-step self-help program for people suffering anxiety, depression or other mental or emotional distress

[Mental Illness fellowship of SA](#) – provides details of support groups throughout the metropolitan area for people living with mental illness, their carers, or any other interested persons.

Western Australia

[Even Keel Bipolar Support Group](#) – resource centre and support groups in Mt Helena, Qairadang, Fremantle, Perth and Midlands.

[Western Australian Association for Mental Health](#) – provides information and contact details for mental health services in WA

[GROW WA](#) - support groups based on a 12-step self-help program for people suffering anxiety, depression or other mental or emotional distress

[Helping minds](#) – provides support groups for carers, family and friends of the mentally ill

[Carers WA](#) - provides support groups for carers throughout the whole of QLD. Offers social and emotional support, an opportunity to share information and ideas, and time out from the caring role

Northern Territory

[NT Department of Health & Community Services](#) – provides details of Top End Mental Health Services for Darwin, Tennant Creek, Katherine, Alice Springs, Nhulunby and remote areas.

[Mental Illness fellowship of NT](#)– provides details of support groups throughout the metropolitan area for people living with mental illness, their carers, or any other interested persons.

[GROW Darwin](#) - support groups based on a 12-step self-help program for people suffering anxiety, depression or other mental or emotional distress

[Top End Mental Health Association for Mental Health](#) (TEAMHealth) Recovery Assistance program – TEAMhealth provides recovery focused psychosocial rehabilitation program for mental health consumers in Darwin

Tasmania

[ARAMFI](#) – provides support groups for carers, family and friends of the mentally ill

[GROW TAS](#) - support groups based on a 12-step self-help program for people suffering anxiety, depression or other mental or emotional distress

[Department of Health and Human Services Tasmania](#) – provides lists of mental health services throughout the Tasmanian State region.