



Helpful mental health resources

If you have been impacted by a disaster there are a number of Australian organisations with helpful resources and additional support.

Beyond Blue

Visit the [website](#) and [forums](#), or for immediate assistance call 1300 224 636.

Beyond Blue works to address issues associated with depression, suicide, anxiety disorders and other related mental disorders.

Lifeline

For immediate assistance call 13 11 14.

[Lifeline](#) is a national charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services.

Emerging Minds

[Emerging Minds](#) develops programs and resources in response to the needs of children and their families.

MindSpot

[MindSpot](#) provides online assessment and treatment for anxiety and depression.

Headspace

[Headspace](#) provides tailored and holistic mental health support to 12 - 25 year olds.

Red Cross

If you want to prepare for disasters, have experienced a disaster or are recovering from a disaster, [Red Cross](#) has a host of useful emergency management resources that can help.

Australian Psychological Society

[Find a Psychologist](#) and [psychological preparedness tipsheet](#).

Search for private practice psychologists who are in private practice, with ability to search by psychological issue and location.

Better Health Channel

[Better Health Channel](#) provides health and medical information to improve the health and wellbeing of people and the communities they live in.

Head to Health

[Head to Health](#) and [Head to Health COVID-19](#) provide links to trusted Australian online and phone supports, resources and treatment options.

#InThisTogether

This is the ausmentalhealth [YouTube channel](#).

Trauma and Grief Network

The [Trauma and Grief Network](#) (TGN) connects families, carers and members of the community to resources focused on the care of children and adolescents affected by the impact of trauma, loss and grief.

1800 Respect

Visit the [website](#) or call 1800 737 732 to access the National Sexual Assault, Domestic Family Violence Counselling Service.

**PANDA**

Call 1300 726 306 or visit the Perinatal Anxiety and Depression Australia [website](#).

QLife

Call 1800 184 527.

[QLife](#) provides anonymous and free LGBTI peer support and referral for people in Australia wanting to talk about sexuality, identity, gender, bodies, feelings or relationships.

Reach Out.com

[ReachOut.com](#) is Australia's leading online mental health organisation for young people and their parents.

THIS WAY UP

[THIS WAY UP](#)TM provides online learning programs, education and research in anxiety, depressive disorders and physical health.

Kids helpline

Call 1800 551 800.

[Kids Helpline](#) is Australia's only free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.

Open Arms

Visit [Open Arms](#) and [Open Arms COVID19 – calming and coping](#) for mental health and wellbeing support for current and ex-serving Australian Defence Force personnel and their families.

If you've tried using some of these resources and things still aren't improving after a couple of weeks, or if you are having trouble coping, talk to your GP or mental health professional.

For more information visit the Disaster Mental Health Hub at phoenixaustralia.org/disaster-hub