

DISASTER MENTAL HEALTH HUB

# Mental health services



**Phoenix**  
AUSTRALIA

## Mental health resources and services for patient referrals

When working with a disaster-impacted patient, there are a number of Australian organisations which offer practitioner resources or referral services for patients.

### Resources for practitioners

#### Emerging Minds

Emerging Minds develops mental health policy, services, interventions, training, programs and resources in response to the needs of professionals, children and their families. Visit [emergingminds.com.au/resources/toolkits/community-trauma-toolkit](https://emergingminds.com.au/resources/toolkits/community-trauma-toolkit).

#### Head to Health

Head to Health provides links to trusted Australian online and phone supports, resources and treatment options. Visit [headtohealth.gov.au/for-health-professionals](https://headtohealth.gov.au/for-health-professionals).

#### Healing Foundation

Online hub for people working in healing, health, justice, education, employment, child protection and family violence for Aboriginal and Torres Strait Islander peoples. Visit [healingfoundation.org.au](https://healingfoundation.org.au).

#### Red Cross – Best Practice Guidelines

Best practice guidelines on *Supporting communities, before, during and after collective trauma events*. Available for download:

[www.redcross.org.au/getmedia/03e7abed-2be0-43b7-95d7-0e8f3d5206bd/ARC-CTE-Guidelines.pdf.aspx](https://www.redcross.org.au/getmedia/03e7abed-2be0-43b7-95d7-0e8f3d5206bd/ARC-CTE-Guidelines.pdf.aspx)

## Referral services

### 1800 Respect

National sexual assault, domestic family violence counselling service.

Call 1800 737 732

Visit [www.1800respect.org.au](http://www.1800respect.org.au)

### Australian Psychological Society

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

Find a psychologist:

[www.psychology.org.au/Find-a-Psychologist](http://www.psychology.org.au/Find-a-Psychologist)

### Beyond Blue

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

Call 1300 224 636

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

Online discussion forums: [www.beyondblue.org.au/get-support/online-forums](http://www.beyondblue.org.au/get-support/online-forums)

### Disaster Resilience Education

Supporting teachers with student wellbeing, learning and recovery.

Visit [www.schools.aidr.org.au](http://www.schools.aidr.org.au)

### Grief and Trauma Network

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

Visit [tgn.anu.edu.au](http://tgn.anu.edu.au)

### Headspace

Provides tailored and holistic mental health support to 12–25 year olds.

Visit [headspace.org.au/young-people/how-to-cope-with-the-stress-of-natural-disasters](http://headspace.org.au/young-people/how-to-cope-with-the-stress-of-natural-disasters)

### Kids Helpline

Kids Helpline is Australia's only free, private and confidential 24/7 phone and online counselling service for young people aged 5–25.

Call 1800 551 800

Visit [kidshelpline.com.au](http://kidshelpline.com.au)

### Lifeline

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

Call 13 11 14

Visit [www.lifeline.org.au/get-help/topics/recovering-after-a-natural-disaster](http://www.lifeline.org.au/get-help/topics/recovering-after-a-natural-disaster)

### MindSpot

Online assessment and treatment for anxiety and depression.

Visit [mindspot.org.au/disasters](http://mindspot.org.au/disasters)

### My Aged Care

My Aged Care is the Australian Government's starting point to find and access government-funded aged care services.

Visit [www.myagedcare.gov.au](http://www.myagedcare.gov.au)

### Open Arms

Mental health and wellbeing support for current and ex-serving Australian Defence Force personnel and their families.

Visit [www.openarms.gov.au](http://www.openarms.gov.au)

or

[www.openarms.gov.au/about/news/2020/covid19-calming-and-coping](http://www.openarms.gov.au/about/news/2020/covid19-calming-and-coping)

### Panda (Perinatal Anxiety and Depression Australia)

Call 1300 726 306

Visit [www.panda.org.au](http://www.panda.org.au)



## Referral services continued

### QLife

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.

Call 1800 184 527  
Visit [qlife.org.au](http://qlife.org.au)

### Reach Out

ReachOut is Australia's leading online mental health organisation for young people and their parents.

Visit [au.reachout.com](http://au.reachout.com)

### This Way Up

THIS WAY UP™ provides online learning programs, education and research in anxiety, depressive disorders and physical health.

Visit [thiswayup.org.au](http://thiswayup.org.au)

## For more information

Visit the Disaster Mental Health Hub at [phoenixaustralia.org/disaster-hub](http://phoenixaustralia.org/disaster-hub)