

Useful Mental Health Contacts

Crisis Support (*urgent, dangerous or time-critical situations*):

<u>Emergency</u>	24-hour emergency assistance (Police, Fire, Ambulance)	000 112 (GSM mobiles)
<u>ACT Crisis, Assessment & Treatment Team (CATT)</u>	24-hour mental health emergency access & support	1800 629 354 or 6205 1065
<u>Lifeline</u>	24-hour telephone counselling - Cost of local call (fixed lines).	13 11 14
<u>Kids Helpline</u>	24-hour crisis line for people aged 5-25 years	1800 551 800
<u>Suicide Call Back Service</u>	24-hour crisis counselling and call back	1300 659 467
<u>Domestic Violence Crisis Service (DVCS)</u>	24-hour domestic violence crisis assistance	6280 0900
<u>1800 RESPECT</u>	24-hour national sexual assault & domestic violence crisis counselling line	1800 737 732
<u>Mensline</u>	24-hour telephone counselling & support for men	1300 78 99 78
<u>HealthDirect</u>	24-hour medical & health advice line staffed by registered nurses	1800 022 222 6207 7777
<u>Poisons Information Line</u>	24-hour advice by medical professionals on acute or chronic poisoning	131 126

Private Provider Databases (*Costs involved*):

Find a Psychologist (Australian Psychological Society)	An online directory to help you find a private psychologist for counselling and support: https://www.psychology.org.au/findapsychologist/Default.aspx?mode=Issue
Find a Social Worker	An online directory to help you find a private social worker for counselling and support: http://www.aasw.asn.au/find-a-social-worker/search/

Alternative Support (*during business hours, free or low cost*):

ANU Health Centre	On-campus health service staffed by doctors and nurses	6125 3598
ANU Counselling Centre	On-campus free counselling for currently enrolled students	6125 2442
<u>Headspace</u>	Mental health & substance use support & treatment (12-25 yrs)	6201 5343 E: headspaceACT@canberra.edu.au
<u>The Junction Youth Health Service</u>	Free health service for people 12-25yrs old (includes counselling)	6232 2423 E: junctioninfo@anglicare.com.au
<u>Salvation Army Counselling Service</u>	Counselling & psychology (City & Tuggeranong locations)	6248 5540
<u>CatholicCare</u>	Case management, outreach, counselling & support (e.g. youth, family, disability & aged care)	6295 4300
<u>Directions ACT</u>	Drug & alcohol support & counselling service	6122 8000
<u>Canberra Rape Crisis Centre & SAMSSA</u>	Counselling & ongoing support for those affected by sexual assault	6247 2525 (7am – 10.30pm)
<u>ACT Women's Health Service</u>	Nursing, counselling & medical support for disadvantaged women	6205 1078

Mental Health Website Resources

- **ANU Counselling Centre** – online brochures (e.g. homesickness, relationships, coping with a crisis, managing exam anxiety) and other useful links, <http://counselling.anu.edu.au/>
- **Mind Health Connect** – an electronic hub of Australian mental health services and resources, providing high quality information across a range of services and needs, <http://www.mindhealthconnect.org.au/> (also on Facebook and Twitter).
- **Sane Australia** – online and telephone helpline, fact sheets, podcasts/videos, mental health campaigns, stigma reduction & research. <http://www.sane.org/> or 1800 18 SANE (7263).
- **Beyond Blue** – national organisation offering information and advice on mental health issues especially depression and anxiety, <http://www.beyondblue.org.au/>
- **Black Dog Institute** – offers evidenced-based information and resources on depression and bipolar disorder, <http://www.blackdoginstitute.org.au/>
- **Centre for Clinical Interventions (CCI)** – high quality interactive workbooks, strategies and self-help information on a range of mental health topics, <http://www.cci.health.wa.gov.au/>
- **ECouch** – a free interactive web-based self-help program for issues such as general anxiety, social anxiety and depression, www.ecouch.anu.edu.au
- **MoodGYM** – a free interactive online program teaching skills to cope with life's problems, including CBT for preventing depression, www.moodgym.anu.edu.au
- **Just Ask Us** - online network for tertiary students with information, tools and advice on drug, alcohol, mental health and wellbeing issues, <http://www.justaskus.org.au/>
- **Reach Out** – an interactive site for young people with help, information, and support for a range of issues, including fact sheets, stories, forums and videos, <http://au.reachout.com/>
- **The Unabridged Student Counselling Virtual Pamphlet Collection** – a collection of information pamphlets from many universities on issues ranging from relationships to study tips, relaxation strategies and sexual health, <http://www.dr-bob.org/vpc/>
- **Authentic Happiness** – focuses on developing positive emotions and strengths, <http://www.authentichappiness.sas.upenn.edu>
- **Anxiety Self-help** – information about managing anxiety disorders and phobias, (<http://www.anxieties.com/>).
- **Alcohol & Drug Information Service** – 24-hour information, advice, & support for those affected directly or indirectly by drug & alcohol issues (<http://www.health.act.gov.au/our-services/alcohol-and-other-drugs>) or 6207 9977