

Support Services

24/7 Crisis Support Lines

Beyond Blue

Talk to a trained mental health professional. Completely confidential.

- [Beyond Blue](#)
- 1300 224 636
Open 24/7
- [Beyond Blue chat online](#)
Open 24/7

Lifeline

24-hour crisis support and suicide prevention services.

Lifeline provides 24-hour crisis support telephone service and suicide prevention services. Call if you have suicidal thoughts or attempts, personal crisis, anxiety, depression, loneliness, abuse and trauma, stress or to get information for friends and family. Services provided through Lifeline centres include:

- face to face counselling
- gambling counselling
- youth services
- migrant support services
- rural outreach
- counselling services for children, aged care visitation
- indigenous support services.
- [Lifeline](#)
13 11 14
Open 24/7

- [Lifeline Crisis Support online chat](#)
Open 24/7

NSW Mental Health Line

Talk to a mental health professional.

- [Mental Health Line](#)
- 1800 011 511
Open 24/7

Aftercare following a Suicide attempt

Aftercare - Way Back Support Service

[Aftercare](#) is a free support service for people who've recently attempted suicide. For up to three months you can get support in your recovery, including creating a safety plan and counselling. The service is currently available across 9 local NSW areas.

Pregnancy and Parenting Mental Health Support

COPE - Centre of Perinatal Excellence

[COPE](#) has high quality, practical information to help you work through all the emotional challenges of becoming and being a parent.

Perinatal Anxiety & Depression Australia

Perinatal Anxiety & Depression Australia (PANDA) supports women, men and families affected by anxiety and depression during pregnancy and in the first year of parenthood.

PANDA operates Australia's only National Helpline for individuals and families affected by perinatal anxiety and depression.

- [PANDA](#)
 - 1300 726 306
Open Monday to Friday, 9am to 7:30pm

Karitane's mental health service

Provides education and support for mums and dads with children from birth to 5 years of age, including support with sleep and settling, establishing routines, feeding and nutrition, toddler behaviour and pre- and post-natal anxiety and depression.

- [Karitane](#)
- 1300 227 464 or (02) 9794 2350
 - Monday to Thursday 12:30pm to 9pm, 11pm to 6am
 - Friday 8am to 4:30pm
 - Saturday 9am to 3:30pm

Eating disorders

Butterfly Foundation

Online and phone counselling, information, and online support groups for people concerned about eating disorders, disordered eating, body image problems.

- [Butterfly Foundation](#)
- 1800 334 673
- [Chat online](#)
Open 8am to midnight
- [Email support](#)
support@thebutterflyfoundation.org.au
Open 8am to midnight

Alcohol and other drugs

Alcohol and Other Drugs Information Service (ADIS)

ADIS provides phone counselling, support, referrals and information for people affected by alcohol or other drugs. Counsellors are trained to work with people concerned about their alcohol and drug use, as well as people concerned about their family or friends.

- Sydney metropolitan: (02) 9361 8000
Open 24/7
- Regional and rural NSW: 1800 422 599
Open 24/7

Counselling Online

Online text-based counselling for people concerned about their drinking or drug use. The service is also available to concerned family members, relatives and friends.

[Counselling Online](#)

Open 24/7

Domestic Violence & Sexual Assault

1800RESPECT

Provides 24/7 support to people impacted by sexual assault, domestic or family violence and abuse including safety planning, counselling, information, and referral.

- 1800 737 732

NSW Domestic Violence Line

Counselling and referrals for women experiencing domestic and family violence.
Interpreters are available.

- 1800 65 64 63

NSW Health Sexual Assault Services

Contact via your local hospital or visit the NSW Health Sexual Assault Services website-
external sitelaunch.

NSW Health Sexual Assault Services provide 24/7 crisis counselling, information and support, medical care and forensic examination, ongoing counselling, group work and court preparation and support for anyone who has been sexually assaulted.

You do not have to report sexual violence to the Police to receive help from a NSW Health Sexual Assault Service.

- Camperdown (RPA Hospital) (02) 9515 9040 (02) 9515 6111
- St Leonards (Royal North Shore Hospital) (02) 8797 7174 (02) 9926 7111