



Suicide Prevention for Seniors Program

Older Persons Services Directory

Disclaimer: This is a directory of free and low-cost health and community services for older persons that are available in Australia. It includes services such as mental health, suicide prevention, psychosocial crisis/non-crisis lines and general resources. Please note that this directory is not an indication of endorsement of service delivery by Anglicare. This document was published in May 2023 and is correct as at time of publication.

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Crisis Lines

Location	Service	Description	Specialisation	Contact No	Online Chat and/or Video Chat	Email / Website	Forum/ Membership/ Contact
National	Triple Zero	If you are supporting someone who is suicidal and is unsafe if left alone, you have a duty of care to call for an ambulance or take the person to hospital. If the person has a weapon, contact the police.		000 SMS: 106 Hrs: 24/7	Smartphone applications (triplezero.gov.au)		
National	Lifeline	Provides all Australians experiencing emotional distress with access to 24/7 confidential crisis support and suicide prevention services. Trained volunteers are ready to listen, provide support and referrals.		13 11 14 SMS: 0477 13 11 14 Hrs: 24/7	www.lifeline.org.au/crisis-chat		
National	Beyond Blue	Beyond Blue provides information and support to help all Australians achieve their best possible mental health. All calls and chats are one on one with a trained mental health professional, and completely confidential.		1300 22 4636 Hrs: 24/7	www.beyondblue.org.au/support-service/chat	www.beyondblue.org.au/support-service/email/beyond-blue-email-form	forums.beyondblue.org.au
National	Suicide Call Back Service	Counselling support for anyone affected by suicide, including people at risk, carers and those bereaved by suicide. All staff are qualified professional counsellors, social workers or psychologists and are available 24/7.		1300 659 467 Hrs: 24/7	www.suicidecallbackservice.org.au/phone-and-online-counselling		
National	13 Yarn	13YARN is a national crisis support line for mob who are feeling overwhelmed or having difficulty coping. They offer a confidential one on one yarning opportunity with a Lifeline trained Aboriginal & Torres Strait Islander Crisis Supporter.	First Nations People	13 92 76 Hrs: 24/7			
National (Hotline is National)	Dardi Munwurro - Brother to Brother	Provides phone support for Aboriginal men who need someone to talk to about relationship issues, family violence, parenting, drug and alcohol issues or who are struggling to cope for other reasons.	First Nations People, Men	Free			www.dardimunwurro.com.au/

ACT	Crisis Assessment and Treatment Team (CATT) ACT Mental Health Triage Service	A CATT is a group of people who work together and includes mental health professionals such as psychiatric nurses, social workers, psychiatrists and psychologists. They are based in major hospitals. In some parts of Australia they are called Psychiatric Emergency Teams (PET). The CATT will make sure the person is supported during the crisis. Once the crisis has passed, the CATT then provides referrals to health and community services that can provide longer-term care.		1800 629 354 or 02 6205 1065 Hrs: 24hrs			
NSW	Crisis Assessment and Treatment Team (CATT) NSW Mental Health Line			1800 011 511 Hrs: 24hrs			
NT	Crisis Assessment and Treatment Team (CATT) Northern Territory Mental Health Line			1800 682 288 Hrs: 24hrs			
QLD	Crisis Assessment and Treatment Team (CATT) QLD specialist mental healthcare			1300 642255 Hrs: 24hrs			
SA	Crisis Assessment and Treatment Team (CATT) SA Mental Health Triage Service			13 14 65 Hrs: 24hrs			
TAS	Crisis Assessment and Treatment Team (CATT) TAS Mental Health Service Helpline			1800 332 388			
VIC	Crisis Assessment and Treatment Team (CATT) VIC NURSEONCALL			1300 60 60 24		www3.health.vic.gov.au/mentalhealthservices/	
WA	Crisis Assessment and Treatment Team (CATT) WA Rurallink			1800 552 002 (Country /Rural link) Hrs: 4.30pm – 8.30am weeknights 24 hours at weekends and public holidays			
WA	WA Crisis Care Helpline			1800 199 008			

WA	Mental Health Emergency Response Line	For anyone involved in a mental health emergency in the community – including individuals, families and carers, members of the general public or health professionals.		1800 555 788 (Metro) 1800 676 822 (Peel) 1800 552 002 (Country/Rural)			
WA	Crisis Assessment and Treatment Team (CATT) WA Mental Health Emergency Response Line (MHERL)			1300 555 788 (Metro) 1800 676 822 (Peel Region) Hrs: 24hrs			

National / Multistate Mental Health Services

Location	Service	Description	Specialisation	Payment	Referral	Contact No	Email / Website
National	Someone.health	A team of Bulk Billing Psychologists are available for video and telephone Counselling 7 days a week. For most Australians, there are no out-of-pocket costs.		First 2 sessions each year are bulk billed. For session 3 to 10 you'll need to pay the full amount, but will still get a Medicare rebate. This means the amount you'll pay after the Medicare rebate is just \$40.		1300 546 821	someone.health
National	Directory: Head to Health	Head to Health helps all Australians access the mental health and wellbeing services that are right for them. It makes it easier to navigate and choose the most suitable care options, whether that's face-to-face, via phone, or online.		Free		1800 595 212 Hrs: Monday to Friday, 8.30am to 5pm (except public holidays)	www.headtohealth.gov.au
National	Directory: Head to Health for Aboriginal & Torres Strait Islander People	Search engine for digital mental health resources from trusted service providers.	First Nations People	Free		1800 595 212 Hrs: Monday to Friday 8:30-5:00pm	www.headtohealth.gov.au/living-well/support-aboriginal-torres-strait-islander-people
National	Directory: Our e-Mental Health Directory	The Directory provides a useful overview of various Australian online and teleweb programs, all of which have been developed by credible sources, such as the Australian Government, universities, and national non-government organisations. This includes apps, online programs, online forums, and phone services, as well as a range of digital information resources.		Free			www.emhprac.org.au
National	Directory: Ask Izzy	Support services directory, can select services per postcode.		Free			askizzy.org.au
National	Directory: Health Direct	Mental health services directory, can select bulk billed per postcode.		Free			www.healthdirect.gov.au
National	Defence Community Allhours Support Line	Confidential telephone service for ADF members and their families.	ADF members & families only	Free for ADF members		1800 628 036 Hrs: 24/7	
National	Blue Knot Foundation Helpline	It provides support, education and resources for the families and communities of adult survivors of childhood trauma and abuse.		Free		1300 657 380 Hrs: Monday – Sunday between 9am – 5pm AEST/AEDT	helpline@blueknot.org.au

QLD, NT, NSW, SA, WA, National	MATES in Construction	MATES is an integrated industry intervention program that: <ul style="list-style-type: none"> • Raises awareness of suicide as a preventable problem • Builds stronger and more resilient workers • Connects workers to the best available help and support • Partners with researchers to inform industry around best mental health practice 		Free		1300 642 111 Hrs: 24/7	mates.org.au/contact-us
National	Griefline	Griefline supports anyone experiencing grief, providing access to free telephone support.		Free		1300 845 745 Hrs: 8am and 8pm Monday to Friday (AEST)	
National	Listening Ear	Free confidential community support service which provides a safe space to talk through your issue		Free		02 9477 6777 Hrs: 7 Days a Week 9am to 9pm	listeningear.org.au
National	SANE Australia	For people with recurring, persistent or complex mental health issues and trauma, and for their families, friends and communities.		Free		1800 187 263 Hrs: Monday-Friday 10am-10pm	getsupport@sane.org
National	Open Arms Veterans & Families Counselling	Open Arms provides free and confidential counselling to anyone who has served at least one day in the ADF, their partners and families.		Free		1800 011 046 Hrs: 24/7	
National	1800RESPECT	Counselling for people going through sexual, domestic and family violence.		Free		1800 737 732 Hrs: 24/7	
National	Directory: Headstart	Find local service providers and health professionals based on your eligibility.		Free			headstart.org.au
National	Parents Beyond BreakUp - Grandparents in Distress	A national support group for grandparents experiencing separation from their grandchildren.		Free		1300 853 437 Hrs: Monday to Saturday 8:30am – 5pm AEDT (closed Sunday)	enquiries@parentsbeyondbreakup.com
National	The Way Back	A non-clinical care and practical support to individuals for up to three months following a suicide attempt.		Free		Contact the nearest Way Back Support Service in your area.	
National	MensLine Australia	A telephone and online counselling service offering support for Australian men anywhere, anytime.	Male	Free		1300 789 978 Hrs: 24 hrs	

National	Mindspot	Free, online, personalised mental health care - assessment, treatment.		Free	Self-referral but services are ALL online and phone only.	1800 61 44 34 Hrs: Monday - Friday 8am - 8pm Sydney time Saturday 8am - 6pm Sydney time	contact@mindspot.org.au www.mindspot.org.au
National	Beyond Now - Safety Planning App	Beyond Now suicide safety planning app helps you stay safe if you're experiencing suicidal thoughts, feelings, distress or crisis.		Free			www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning
National	Smiling Mind App - a Mindfulness App	Smiling Mind is a unique app developed by psychologists and educators to help bring balance to your life.		Free			www.smilingmind.com.au/smiling-mind-app
National	myCompass Online treatment program	An interactive self-help service that aims to promote resilience and wellbeing for all Australians.		Free			www.mycompass.org.au
National	QLIFE	LGBTI peer support and referral for people wanting to talk about a range of issues including sexuality, identity, gender, bodies, feelings or relationships.	LGBTQI+	Free		1800 184 527 Hrs; 3pm to midnight, every day	ask@qlife.org.au
National	Say it Out Loud	DV support/counselling for LGBTQ+ including older people.	LGBTQI+	Free		RESPECT - 1800 737 732 Hrs: 24/7	
National	Embrace Multicultural Mental Health	Provides a national focus on mental health and suicide prevention for people from culturally and linguistically diverse (CALD) backgrounds.	CALD	Free		02) 6285 3100	multicultural@mhaustralia.org
National	Standby Support after Suicide	We support anyone who has been bereaved or impacted by suicide including individuals, families, friends, witnesses and first responders.		Free		1300 727 247 Hrs: 24/7	postsuicidesupport@standbysupport.com.au
National (Hotline is National)	Dardi Munwurro - Brother to Brother	Provides phone support for Aboriginal men who need someone to talk to about relationship issues, family violence, parenting, drug and alcohol issues or who are struggling to cope for other reasons.	First Nations People, Men	Free			https://www.dardimunwurro.com.au/

National	Community Visitors Scheme (CVS)	CVS arranges volunteer visits to older people to provide friendship and companionship.		Free for anyone receiving government-subsidised aged care services or Home Care Packages, including care recipients approved or on the National Priority System for residential or home care packages. Are socially isolated.	Self-referral. GP, Allied Health or MH Provider		ocv@adc.nsw.gov.au
National	Older Persons Advocacy	Older Persons Advocacy Network is made up of nine state and territory organisations that support older people across Australia.		Free		1800 700 600 Hrs: M-F 8am to 8pm Sat 10am to 4pm	enquiries@opan.org.au
National	National Indigenous Postvention Service	Supports individuals, families, and communities affected by suicide or other significant trauma.		Free		1800 805 801	info@postventionaustralia.org
National	Peer Care	A suicide prevention call-back service providing a safe place for people with a lived experience of suicide to connect with others with a similar lived experience for a chat, in a shared space of compassion, understanding and respect.		Free		1800 77 7337 Hrs: 24 hrs	rosesintheocean.com.au/sector-priorities-collaborations/peer-care-companion-warmline
National	Thirrili - The National Indigenous Postvention Service	Provides support to individuals, families and communities affected by suicide or other trauma that is culturally responsive to their need.	First Nations People	Co-payment		1800 805 801 Hrs: 24/7	
National	Wellbeing Clinic for Older Adults - Swinburne University	Swinburne University of Technology's Wellbeing Clinic for Older Adults has launched a free national telehealth counselling and support service to provide ongoing emotional support to older adults living in residential aged care facilities.	Aged care residents, their families and aged care workers.	Free		03 9214 3371	wellbeingclinic_agedcare@swinburne.edu.au
National	STARTTS	This services is for people who have survived torture and/or trauma and are: <ul style="list-style-type: none"> • Individual counselling support. This is done at one of STARTTS' offices or at one of our various outreach locations. • Self support groups. • Older Person's in Cultural Transition (OPICT) program. • Keeping In Contact (KIC) program. 	CALD, Refugees, Asylum-seekers and from refugee-like backgrounds living in NSW.			02 9646 6800 - Ask for the Intake Counsellor	stts-intakegeneral@health.nsw.gov.au

National	Aged Care Grief and Bereavement Support	A leading voice on grief in Australia, providing evidence-informed counselling, training, and research to collectively strengthen the nation's response to grief.		Check with service		1800 22 22 00 Hrs: M-F 9am - 5pm	info@grief.org.au
National	CLAN - Care Leavers Australasia Network	Offers support to people who have grown up in Orphanages, Children's Homes, Missions, Foster Care and other Child Welfare institutions in Australia and New Zealand. Physical office in Melbourne and Sydney. All other areas can access the service by phone.	Care leavers	Free		1800 008 774 Hrs: M-F 9am-5pm	support@clan.org.au
National	The Mens Table	The Men's Table is a safe place to share and be heard in a confidential and non-judgemental environment, creating a greater sense of belonging, camaraderie and connection.	Men	Free	Referrals not required but men must attend intro meeting, which they call entrée. Program is free but attendees pay for their own meals. +65 yr olds covered.	1800 636 782	hello@themenstable.org
National	Friendship Centre	Telehealth remote counselling		Free		426282214	maria@friendship-centre.com
ACT, NSW, QLD, TAS & VIC	Wellways	Provides support for people living with mental health issues or who have mental health concerns to develop coping strategies and recover in their community.		Free		1300 111 500 Hrs: Monday to Friday, from 9am to 9pm, except on public holidays.	enquiries@wellways.org
VIC, NSW, SA, QLD, WA	FriendLine	FriendLine is for anyone who needs to reconnect or just wants a chat. All Australian seniors are welcome to call FriendLine for a friendly chat or more connection.		Free		1800 424 287 or online chat Hrs: Monday to Friday 6pm–8pm AEST from 25th July 2022	www.friendline.org.au

Affordable Mental Health Services (NSW)

PHN	Location	Service	Description	Specialisation	Payment	Referral	Contact No	Email
Nepean Blue Mountains PHN	Blue Mountains, Hawkesbury, Lithgow and Penrith	Directory: Mental Health Navigation Tool	Helping you find the right mental health support in the Blue Mountains, Hawkesbury, Lithgow and Penrith.		Free		1800 595 212 Hrs: Monday to Friday, 8.30am-5:00pm (except public holidays)	
	Blue Mountains, Hawkesbury, Lithgow and Penrith	Self-assessment tool: MyCompass - a Black Dog Institute service	A personalised self-help tool for your mental health.		Free			emh@blackdog.org.au www.mycompass.org.au
Nepean Blue Mountains PHN	Blue Mountains, Hawkesbury, Lithgow and Penrith	Commonwealth Psychosocial Support	The Commonwealth Psychosocial Support service, provided by Flourish Australia, assists people with a severe mental illness who have reduced psychosocial function and who are not supported by the NDIS. The program strengthens the capacity of people/consumers to live independently, safely, and productively in their community, form meaningful connections in a supportive environment, and reduce the need for acute care.	First Nations People	Free for those who are not receiving NDIS funded services. If over 65 and not yet receiving MyAgedCare package, they can apply to access this service.		1300 779 270	belinda.jenkins@flourishaustralia.org.au
Nepean Blue Mountains PHN	Blue Mountains, Hawkesbury, Lithgow and Penrith	Psychological Therapy Services	Our Psychological Therapy Services (PTS) provide short-term support to people who have mild to moderate mental health concerns. Under this service, individuals can have up to 10 sessions in a calendar unless otherwise noted below.	Women, First Nations People, LGBTQI+	Free	GP, Allied Health or MH Provider	1800 223 365	
Nepean Blue Mountains PHN	Blue Mountains, Hawkesbury, Lithgow and Penrith	Seek Out Support (SOS) - Suicide Call Back Service	This program is designed to provide patients, with low to moderate risk of suicide or self-harm, access to short-term therapeutic support. Individuals aged 14 years and over, who are considered at low to moderate risk of suicide or self-harm, will be entitled to one referral for up to 7 sessions per calendar year.		Free	GP, Allied Health or MH Provider	1800 859 585 1300 659 467	

Nepean Blue Mountains PHN	Blue Mountains, Hawkesbury and Lithgow	Outreach Program: Wellbeing Outreach Service - delivered by Gateway Family Services	Gateway Family Services Wellbeing Outreach Program sits alongside Gateway's 'Step by Step Recovery Support Service' to provide a comprehensive range of free practical, emotional and psychological outreach support for residents in the Blue Mountains and Hawkesbury areas.		Free		Blue Mountains and Lithgow: Megan Watson 0490 676 269 Hawkesbury and Lithgow: Nicole Luhrs 0490 670 682	admin@gatewayfamilyservices.org.au
Nepean Blue Mountains PHN	Blue Mountains, Hawkesbury, Lithgow and Penrith	Peer Led Aftercare	For people who may be leaving hospital after a stay related to suicide, a peer led service is available to help support consumer transition back home and in to the community. The Peer Worker will ensure a consumer is linked in with appropriate community supports to manage ongoing care.		Free	This service is only available to people being discharged from hospital.		www.mentalhealthhelp.com.au/browse-directory/details/peer-led-aftercare-service-nepean-blue-mountains-local-health-district-lhd
Nepean Blue Mountains PHN	Blue Mountains, Hawkesbury, Lithgow and Penrith	WiseMind - delivered by mental health professionals including psychologists, social workers and mental health nurses.	Psychological Therapy Services now available for people living in residential aged care facilities. Our WiseMind program assists residents at Residential Aged Care Facilities (Aged care residents) with mild to moderate symptoms of common mental illness, or who are experiencing early symptoms and are assessed as 'at risk' of developing a diagnosable mental illness over the following 12 months.	Aged care residents	Free	If aged care is interested to have WiseMind service, the facility must contact the Wisemind Coordinator.	4708 8100	
Central & Eastern Sydney PHN	Service depends on postcode.	New Access Coaching - delivered by Primary and Community Care Services (PCCS)	Developed by Beyond Blue and provided by PCCS, NewAccess is a free confidential coaching service aimed at assisting people with a mild mental illness or anyone finding it difficult to manage life stressors.		Free		02 9477 8700	nswintake@pccs.org.au

Central & Eastern Sydney PHN		Mindfulness Program for CALD Communities	The Mindfulness program provides an evidence-based in language and culturally appropriate program for members of the Arabic and Bengali speaking communities in the CESP HN region. The five-week group program builds mindfulness skills with benefits including reduction in stress, anxiety and depression. Groups are led by bilingual mental health professionals with the support of bilingual community workers. The program can be delivered to an existing community group or community members can join a new group. Gender specific and mixed groups are offered.	CALD	Free		Rockdale Community Health: 9087 8320	Hend Saab, Bilingual Senior Psychologist E: Hend.Saab@health.nsw.gov.au
Central & Eastern Sydney PHN		Emotional Wellbeing for Older Persons (EWOP)	Psychological and psychosocial therapies for older people who reside in residential aged care facilities (Aged care residents). Residents with diagnosed mental illness. Residents who may be 'at risk' of developing a mental illness if they do not receive appropriate treatment.	Aged care residents	Free	Self referral GP, Allied Health or MH Provider	1300 111 278	cesphnmhracs@anglicare.org.au www.anglicare.org.au/what-we-offer/mental-health/emotional-wellbeing-for-older-persons-ewop
Central & Eastern Sydney PHN		Psychological Support Services (PSS)	Provides free short term face to face, or via telehealth, psychological therapy for people experiencing mild to moderate mental health concerns.	First Nations People, LGBTQI+, CALD	Free	GP, Allied Health or MH Provider	1300 170 554	mentalhealth@cesphn.com.au
Central & Eastern Sydney PHN	La Perouse region, Glebe Region	Psychological Support Services (PSS) for Aboriginal and TSI Peoples	PSS Project 54 is a pilot project aimed to reduce barriers to accessing psychological support for the Aboriginal and Torres Strait Islander peoples by providing an outreach service which is delivered through a culturally appropriate and sensitive model of care.	First Nations People	Free	GP, Allied Health or MH Provider	1300 170 554	mentalhealth@cesphn.com.au
Central & Eastern Sydney PHN		Cognitive Behaviour Therapy (CBT) - group therapy program and support autism	This Cognitive Behaviour Therapy (CBT) program aims to reduce anxiety and improve social skill in social situations for people 16+ with Autism Spectrum Disorder (ASD) symptoms. The program involves eight weekly group sessions facilitated by psychologists.	People living with Autism	Free		02 9114 4104	med.actr@sydney.edu.au

Central & Eastern Sydney PHN		Connect and Thrive – Commonwealth Psychosocial Support (CPS) Program	Assists people with severe mental illness and reduced psychosocial functional capacity who are not receiving psychosocial supports through the NDIS. If over 65 and not yet receiving MyAgedCare package, they can apply for CPS.		Free	Can self-refer but it is preferred where possible to receive a referral from one of their providers.	1300 779 270 0447 245 047 Brie Hughes - brie.hughes@flourishaustralia.org.au	info@flourishaustralia.org.au
Central & Eastern Sydney PHN		Psychosocial support: Continuity of Support Program by Neami National	The Continuity of Support (CoS) program provides psychosocial support to clients of the former Commonwealth mental health programs, Partners in Recovery (PIR), Personal Helpers and Mentors (PHaMs), Day to Day Living (D2DL) and Psychosocial Support Transition Program, who have been deemed ineligible for supports under the National Disability Insurance Scheme (NDIS).		Free		02 9570 5933	
Central & Eastern Sydney PHN		Service Navigation	Service Navigation is for people within the CESP HN community with severe mental illness who wish to access psychosocial supports, including the National Disability Insurance Scheme (NDIS). It is accessible to consumers, family and health professionals and provides a central point for information about accessing psychosocial services. It also provides information and offers referral pathways to mental health services and supports that will best suit a person's needs. Service Navigation is NOT a crisis service.		Free		1800 317 526	servicenavigation@cesphn.com.au
Central & Eastern Sydney PHN		Telehealth Psychiatry Service	The Telehealth Psychiatry Service provides free consultations with a Psychiatrist to people aged over 18 years who are living with severe and complex mental illness who due to socio-economic barriers, would not otherwise be able to access private psychiatry. Consultations are offered via secure video conferencing. Referrals can be made directly by GPs and by support workers if accompanied by a GP letter.		Free	GP, Allied Health or MH Provider	02 8003 7668	cesphn@dokotela.com.au

Central & Eastern Sydney PHN		The Way Back Support Service – Sydney	The Way Back Support Service is short-term suicide prevention service for people aged over 16 who have attempted suicide or experienced a suicidal crisis and have been discharged from the emergency department or following admission to St George, Sutherland, Concord, Canterbury hospitals RPA, POW and St Vincent’s hospitals.		Free	GP, Allied Health or MH Provider	02 9570 5933 Hrs: Monday - Friday 9:00 am - 5:30 pm Closed public holidays	thewaybacksupportservicesydney@neaminational.org.au
Central & Eastern Sydney PHN		Redfern Aboriginal Medical Service - Drug and Alcohol Treatment Program	The Aboriginal Medical Service (AMS) Drug and Alcohol Treatment Program provides culturally appropriate nonresidential treatment programmes, pharmacotherapies, counselling (one on one/outreach), referral services and aftercare. Located in Redfern. Program has mental health component.	First Nations People	Medicare bulk-billed.	Self-referral & GP, Allied Health or MH Provider	02 9319 5823	info@whos.com.au
Central & Eastern Sydney PHN		Connector Service	Provides support and connection to and within local Aboriginal communities throughout the CESPNN region in a culturally safe way, focused on suicide prevention and postvention best practice. Delivered by Babana Aboriginal.	First Nations People	Free		0411 282 917	success@babana.org.au babana.org.au
Hunter, NE & CC PHN		MindHealth	MindHealth is a free phone and online counselling service for the people of the Hunter New England and Central Coast regions who are feeling the pressures and stresses of everyday life.		Free		1300 029 131 Hrs: 7am - 9pm Monday to Saturday	mindhealth.org.au
Hunter, NE & CC PHN	Central Coast Region	The Short-Term Psychological Therapies Package	The short-term Psychological Therapy package allows people without access to other mental health services and supports to access up to 12 therapy sessions, however, session allocations will be based on clinical assessment.		Free. Must not be receiving NDIS benefits.	GP, Allied Health or MH Provider	02 4365 2294	

Hunter, NE & CC PHN	Armidale, Barraba, Glen Innes, Inverell, Manilla, Narrabri, Quirindi, Tamworth, Walcha	HealthWISE	HealthWISE has a team of mental health clinicians that can assess, treat and support individuals with a range of mental health illnesses, disorders or difficulties, including anxiety, depression or if you're just not feeling yourself.	Older adults	Free	GP, Allied Health or MH Provider	1800 931 540	mentalhealth@healthwise.org.au
Hunter, NE & CC PHN	Hunter & Manning region	Hunter Primary Care Psychology Services	Our Psychology Services team provides psychological counselling services for people with common mental health conditions and substance use problems. Our services aim to help those who need financial assistance to access community mental health services.	Aged care residents	Medicare bulk-billed.	Self-referral & GP, Allied Health or MH Provider	02 4925 2259	info@hunterprimarycare.com.au
Hunter, NE & CC PHN		Commonwealth Psychosocial Support Program (CPS) (Previously known as Psychosocial Support Services) - Anglicare Psychosocial Support Service (Northern Inland)	This CPS program is free of charge and is available to people with severe mental ill health who are not eligible for assistance through the NDIS and are not supported through other psychosocial programs.		Free	GP, Allied Health or MH Provider	02 6701 8200	
Hunter, NE & CC PHN		Commonwealth Psychosocial Support Program (CPS) (Previously known as Psychosocial Support Services) - Flourish Australia (Lower Hunter, Upper Hunter and Mid-Coast)	This CPS program is free of charge and is available to people with severe mental ill health who are not eligible for assistance through the NDIS and are not supported through other psychosocial programs.		Free - CPS is another funding available for those who are not receiving NDIS benefits.		1300 779 270	
Hunter, NE & CC PHN		Commonwealth Psychosocial Support Program (CPS) (Previously known as Psychosocial Support Services) - Hunter Psychosocial Support Services (Newcastle, Port Stephens & Upper Hunter)	This CPS program is free of charge and is available to people with severe mental ill health who are not eligible for assistance through the NDIS and are not supported through other psychosocial programs.		Free	GP, Allied Health or MH Provider	02 4925 2259	info@hunterprimarycare.com.au

Hunter, NE & CC PHN		Commonwealth Psychosocial Support Program (CPS) (Previously known as Psychosocial Support Services) - New Horizons Psychosocial Support Services (Lake Macquarie & Central Coast)	This CPS program is free of charge and is available to people with severe mental ill health who are not eligible for assistance through the NDIS and are not supported through other psychosocial programs.		Free	GP, Allied Health or MH Provider	1300 726 372	
Hunter, NE & CC PHN		Call to Mind - Telehealth Psychiatry Services	The aim is to increase access to psychiatry services for people with severe and persistent mental illness who have barriers to accessing a psychiatrist.		Free	GP, Allied Health or MH Provider	03 9099 0453 Hrs: 9.30am - 4.30pm Melb/Syd time Mon-Fri	info@calltomind.com.au
Hunter, NE & CC PHN		Grandparents in Distress - Service run by Parents Beyond Breakup	Grandparents in Distress is a national support group for grandparents experiencing separation from their grandchildren.	Grandparents	Free		1300 853 437 Hrs: Mon, Tue, Thu, Fri & Sat: 08:30-17:00 Wed & Sun: 10:30-17:00	parentsbeyondbreakup.com
Hunter, NE & CC PHN		Suicide prevention & Postvention: The Way Back Support Service - Hunter Region	The Way Back Support Service is a Beyond Blue initiative designed to support people who have recently experienced a suicidal crisis or attempted suicide. The Way Back provides you with non-clinical, practical support in the community for up to three months. Participation is voluntary and support is guided by your needs. There is no cost to participants.		Free	GP, Allied Health or MH Provider plus hospitals referrals, SAFE haven, suicide prevention team	1300 364 184 0412 921 181 Contact: Patrick Hrs: Monday-Friday 8:30am-5pm	thewayback@hunterprimarycare.com.au
Hunter, NE & CC PHN		Suicide prevention and Postvention: Aboriginal and Torres Strait Islander Aftercare Program	The Aboriginal and Torres Strait Islander Aftercare Program (Aboriginal Aftercare) supports people who have recently experienced a recent suicide attempt or suicidal crisis. The program provides First Nations people with non-clinical, practical support in the community for up to three months, tailored to individual needs.	First Nations People	Free	GP, Allied Health or MH Provider	1300 364 184 02 4925 2259 Hrs: Monday-Friday 8:30am-5pm	thewayback@hunterprimarycare.com.au

Murrumbidgee PHN	Murrumbidgee	Wellways – Well Connected	Well Connected provides mental health recovery support to eligible people in the community, focusing on Aboriginal and Torres Strait Islander people and people over the age of 65 years. Well Connected is a mental alliance program for referrals	First Nations People	Free	GP, Allied Health or MH Provider	1300 111 400 Contact person: Maddison - mblackburn@wellways.org Monday to Friday 9am-5pm	psychosocial@wellways.org
Murrumbidgee PHN	Murrumbidgee	Psychosocial support: Wellways – Community Living Support program	The EACLSS is a psychosocial mental health service based in the Murrumbidgee region. The program supports adults experiencing mental health issues to manage mental health & wellbeing, live independently & get involved in the community.		Free	GP, Allied Health or MH Provider	1300 111 400 Hrs: Monday to Friday 9am-5pm	Contact person: Maddison - mblackburn@wellways.org psychosocial@wellways.org
Murrumbidgee PHN	Murrumbidgee	Wellways – After Suicide Support Program	Provides non-clinical care and practical support to individuals, families and communities bereaved by suicide.		Free	Must live in Murrumbidgee area.	1300 111 400 02 59 255 911 0437 274 316 Hrs: Monday to Friday 8.30am-5pm	Contact person: Maddison - mblackburn@wellways.org
Murrumbidgee PHN	Murrumbidgee	Wellways – Peer Enhancement	The Peer Enhancement program is an optional add-on service of The Way Back Support Service. Individuals referred to The Way Back Support Service following a suicidal crisis or suicide attempt may also opt for Peer Enhancement. This involves extra support from a Peer Care Companion, someone with a lived/living experience of suicidality.		Free	All participants of The Way Back Support Service are offered peer support and those who consent are internally referred to a peer worker.	1300 111 400 02 5925 5911 Hrs: Monday to Friday 8.30am-5pm	Contact person: Maddison - mblackburn@wellways.org
Murrumbidgee PHN	All areas of the Murrumbidgee region	Suicide prevention: Wellways – The Way Back Support Service – Murrumbidgee	Non clinical, individually tailored supports to an individual following a hospital presentation in the context of recent suicide attempt or suicidal crisis (plan & intent to die) for up to three months (12 weeks).		Free	Referrals come from Local Health Districts (LHDs).	1300 111 400 Hrs: Monday to Friday 9am-5pm	
Murrumbidgee PHN	Servicing Southern Riverina	Amaranth Foundation	The Amaranth Foundation provides: Trauma, Grief and Loss Therapy Outreach programs in Bushfire region Bulk Billed MH Services NDIS, Health/Palliative care programs Social Work		Medicare bulk-billed.	Self-referral & GP, Allied Health or MH Provider	02 6033 1738 Days: Mon – Sat	

Murrumbidgee PHN	Servicing the Riverina	Rural Outreach Counselling Inc	Service description: Counselling – mental health and early intervention MateKeeper Program – volunteers QPR training		Free for the first three sessions then \$80 after.		0418 762 255	matekeeper@ruraloutreach.com.au
Murrumbidgee PHN	Servicing Wagga Wagga, Griffith, Leeton, Narrandera, Young, Tumut and surrounds	Murrumbidgee Pathways	Some of the programs and services Pathways provide include: <ul style="list-style-type: none"> • Counselling and Case Management • Family Support • Crisis Support • Therapeutic and Support Groups • Methamphetamine program 		Free		02 6132 4800 Contact: Elisha	reception@directionshealth.com
Murrumbidgee PHN	Servicing Wagga Wagga, Young, Tumut, Temora, Griffith and Deniliquin and other areas in Murrumbidgee by outreach services	Murrumbidgee Local Health District	Services include: <ul style="list-style-type: none"> • Specialist Adult Mental Health Services • Specialist Older Peoples Mental Health Mental Services (OPMH) • Community Dementia Behaviour Assessment and Management Services (DBAMS) 		Free		1800 800 944	
Murrumbidgee PHN	Servicing Murrumbidgee	Flourish Australia	Provides practical support for everyday needs, like getting around to appointments, shopping and budgeting, managing medication, or simply having someone to talk to.		Free		1300 779 270	
Murrumbidgee PHN	Albury, Griffith, Mulwala, Wagga Wagga and surrounding communities	Centacare South West NSW	Supports vulnerable members of the community through counselling & support groups, educational courses and services covering a wide-range of needs.		Scaling Fee. Call service to enquire.	Self-referral & GP, Allied Health or MH Provider	1300 619 379	Contact - Centacare South West NSW (centacareswnsw.org.au)
Murrumbidgee PHN	Servicing Wagga and surrounds although we are accessible via phone appointments should women live out of town or in another town or state	Wagga Women's Health Centre	The Wagga Women's Health Centre (known as the Centre) provides a variety of support services for women from a feminist basis within a trauma informed framework.	Women	Free		02 6921 3333 Hrs: 8.30am – 5.00pm Monday TO Friday 10.00am – 3.00pm Saturday	wwhc@waggawomen.org.au
Murrumbidgee PHN	Servicing Wagga Wagga and telehealth National	Umaxed Consultancy	Psychological assessment and treatment of mental disorders provided face to face and/or via Telehealth.		Costs may apply. Call service to enquire.		0457 365 502 Hrs: 9.00am – 3.00pm Monday Tuesday Wednesday Thursday	luna@umaxed.com

Murrumbidgee PHN	Servicing Wagga Wagga and surrounds	Sunflower House	Sunflower House is a community based not for profit service where people with lived experience of mental illness can meet, take part in activities and find the help needed for their mental health journey. +65 year olds are eligible so long as their need does not cross over from psychosocial to disability support.		Free. One on one support given to those with NDIS. Limited and/or group support given to those with/without NDIS.		02 6931 8770 Contact: Chris Hrs: 9am – 5pm Monday to Friday	katy@sunflowerhouse.com.au
Murrumbidgee PHN	Servicing Young, Cootamundra, Narrandera, Junee, Coolamon, Tumut, Gundagai, Lockhart, Henty, Temora, West Wyalong, Griffith, Leeton	St Vincent de Paul Society	Provides free and confidential treatment coordination and AOD intervention support and access to clients over 18 years old with complex needs.		Free		02 5942 3519 Hrs: Monday to Friday 8am-4pm (closed on weekends)	
Murrumbidgee PHN	Servicing Wagga Wagga, Young, Cootamundra, Temora, West Wyalong	MyStep to Mental Wellbeing – Eastern	Mental health supports, including in-reach into residential aged care facilities.	Aged care residents	Free	GP, Allied Health or MH Provider	1800 931 603 Hrs: 9:00am-5:00am, Monday to Friday	
Murrumbidgee PHN	Servicing Berrigan, Carrathool, Edward River, Federation, Greater Hume, Griffith, Lachlan, Leeton, Lockhart, Narrandera and Murray River	MyStep To Mental Wellbeing – Western	MyStep to Mental Wellbeing provides a range of therapeutic services which is aimed at supporting people wanting to improve their emotional and mental wellbeing. These include counselling, peer support work, in-reach to residential aged care and team care services.		Free	GP, Allied Health or MH Provider	1800 954 544	MLHD-MyStep@health.nsw.gov.au
Murrumbidgee PHN	Servicing Tumut, Adelong, Batlow, Gundagai, and surrounding areas. Telehealth available.	Focus On Psychotherapy	Counselling support to individuals, couples, families and participants on NDIS plans.		Free	GP, Allied Health or MH Provider	0457 179 532 Contact: Lisa Buckley	

Murrumbidgee PHN		Directory: MapMyRecovery - Mental Health and Drug & Alcohol services available in the Murrumbidgee region	MapMyRecovery is a free resource connecting the Murrumbidgee community with services that provide support for mental health and drug and alcohol concerns.		Free			mapmyrecovery.org.au
Murrumbidgee PHN		Directory & Referral service: Stepped Care - MPH N Central Access and Navigation Service	The Murrumbidgee PHN Central Access and Navigation service provides support to community members, GPs and other service providers to help navigate the Murrumbidgee mental health system. The team will connect people with our commissioned mental health providers and can also connect people with broader services to best meet people's needs.		Free		1800 931 603	CAN@mphn.org.au
Murrumbidgee PHN	Griffith - referral direct from AMS GP to clinician. Griffith Aboriginal Medical Service Wagga Wagga - Riverina Medical and Dental Aboriginal Corporation (RIVMED)	Psychological Services for People Accessing Aboriginal Medical Services (AMS) - Griffith & Wagga Wagga	Provides face-to-face evidence based, psychological interventions at Riverina Medical and Dental Aboriginal Corporation, and Griffith Aboriginal Medical Service. The service is for Aboriginal and Torres Strait Islander People, and is delivered by appropriately trained and qualified mental health professionals. This service is for people aged 16+	First Nations People	Free	GP, Allied Health or MH Provider	02 6962 0000 Contact: Sarah	www.griffithams.org.au www.rivmed.org
Murrumbidgee PHN		Team Care for People Experiencing Severe Mental Illness	Intensive psychological intervention and care coordination by mental health nurses for people with severe and persistent mental illness who are not actively supported by the Community Mental Health team.		Private billing, Multi-billing, bulk-billed. Check with provider.	Check with provider.	Trail Street Medical Centre, phone 02 6921 3990 Connection Medical Centre (Tumut), phone 02 6947 6711 Cootamundra Medical Centre, phone 02 6942 0222 Temora Medical Complex, phone 02 6977 3600	

North Coast PHN	Northern Rivers	Wardell Resilience and Wellness Program	The program delivers trauma-informed community engagement activities to improve health and wellbeing, provide a platform for peer-to-peer mental health support and upskill the community in Mental Health First Aid.		Free		0431 716 457	
North Coast PHN	Bowraville	Psychological I Psychosocial support: Bowraville Healing Project - delivered by Jaanyмили Bawrrungga Incorporated	The Bowraville Healing Project aims to improve the social and emotional wellbeing of the Aboriginal and/ or Torres Strait Islander community of Bowraville by providing access to Aboriginal narrative therapy services.	First Nations People	Free		0447 009 355 Contact: Kylie	
North Coast PHN	Regionwide	Coaching Program: MindStep – Low Intensity Mental Health Service - delivered by Remedy Healthcare	MindStep is a confidential mental health coaching program for anyone struggling to manage low mood, stress or anxiety in their everyday life.		Free	Must live in the North Coast. GP, Allied Health or MH Provider	1800 322 278 1300 224 334 Contact: Georgia	
North Coast PHN	Check postcode for eligibility.	Healing Minds – Low Intensity Mental Health Service - delivered by Remedy Healthcare	Healing Minds is a social and emotional wellbeing coaching program designed and delivered by Indigenous people for Indigenous people. It's all about helping you learn practical skills to deal with life's stresses and worries.	First Nations People	Free	Must live in the North Coast. GP, Allied Health or MH Provider	1800 810 255	
North Coast PHN	Coffs Harbour, Bellingen, Nambucca Heads, Kempsey, Port Macquarie	Each One Matters - delivered by EACH	A program of psychological treatment services for people with mental illness living in residential aged care facilities.	Aged care residents	Free	Must live in the North Coast. GP, Allied Health or MH Provider	6588 7300 Contact: Julie	EACHOneMatters@each.com.au
North Coast PHN	Regionwide (North Coast)	Connect to Wellbeing: Healthy Minds Intake - delivered by Neami National	Intake for the Healthy Minds program has transitioned to become part of the Connect to Wellbeing service being delivered by Neami National. This transition is part of a broader intake, assessment and referral service for mental health and drug and alcohol supports across the North Coast. First point must be Head to Health for assessments and referrals/ intake.		Free	Call Head to Health	1800 595 212 (Head to Health) Hrs: Mon-Fri 8:30-5pm.	connecttowellbeingNC@neaminational.org.au

North Coast PHN		Mental Health and Suicide Prevention Project	The Bullinah Mental Health and Suicide Prevention Project supports Aboriginal and Torres Strait Islander community members from Ballina and surrounding communities through increased access to psychological and psychiatry services.	First Nations People	Free	In-house GP referrals.	02 6681 5644 Contact person: Robin	web@bullinahahs.org.au
North Coast PHN	Tweed Valley, Northern Rivers and Clarence Valley	Postvention: The Way Back Support Service	A suicide prevention service available to people discharged from the Emergency Departments at The Tweed Hospital, Lismore Base Hospital and Grafton Base Hospital. The Way Back is a follow-up service specifically designed by Beyond Blue to support people after a suicide attempt. It is a free-of-charge, non-clinical, assertive outreach service focused on empowering people to connect with formal and informal supports by providing guidance, encouragement, motivation and follow-up for up to a three-month period immediately following a suicide attempt.		Free	GP, Allied Health or MH Provider	0435 186 431 Contact: Julie Peck, Clinical Team Leader	nhnc@newhorizons.org.au
North Coast PHN	Ballina, Lismore, Byron Bay, Casino, Kyogle	Drug and Alcohol Program: Gulgihwen Withdrawal Management Residential Rehabilitation	Residential Program is a withdrawal management service delivered for 5-12 weeks to Aboriginal men within a modified Indigenous therapeutic community. The program draws on best practice guidelines and focuses on harm reduction and stages of change.	Men, First Nations People	Free. Uses up Centrelink benefit. 3 months live-in, 65% of their benefit Centrelink		02 6628 1098 Contact person: Luke Hrs: Mondays to Thursdays 10am to 4pm	
North Coast PHN	Nimbin and surrounds	Nimbin Integrated Service	Nimbin Integrated Service is commissioned to improve the integration of health and welfare services in Nimbin, and to help people access services related to their mental health and substance misuse problems.		Free		02 6689 1497	nimbinrss@nnic.org.au
North Coast PHN	Region wide (North Coast)	Mental Health Nursing Services	The MHNS program engages community-based general practices, private psychiatric practices and mental health nurses to assist in the provision of coordinated clinical care for people with severe mental health disorders.		Free	GP, Allied Health or MH Provider		Contact: Philippa Visser pvisser@hnc.org.au

Northern Sydney PHN		Healthy Minds - a Self-paced program over a number of weeks	Digital coach to improve symptoms of mild to moderate anxiety and/or depression		Free		02 9432 8250	info@snhn.org.au
Northern Sydney PHN		Access Plus	Short-term individual psychological therapies. Target group: people experiencing financial disadvantage and at-risk/underserved groups including young people, people from Aboriginal or Torres Strait Islander backgrounds, CALD (culturally and linguistically diverse), LGBTQI, children, carers and women experiencing perinatal anxiety/depression	First Nations People, LGBTQI+, CALD	Free	GP, Allied Health or MH Provider	Call Mental health Intake: 1300 782 391	
Northern Sydney PHN		Lifeline Groups	Lifeline is offering 16-week DBT* skills groups which will cover the following key components: Mindfulness skills – to stay focused on the present moment Emotion Regulation skills – to deal with intense negative emotions and develop emotional coping strategies Distress Tolerance skills – to effectively deal with painful emotions and situations Interpersonal Effectiveness skills – for assertive communication and building relationships		Free	GP, Allied Health or MH Provider	02 8287 1158	PHNgroups.coordinator@lifelineh2h.org.au
Northern Sydney PHN	Chatswood, Burwood, Hurtsville, Sydney CBD	New Vision	Individual psychological therapies available in Cantonese, Mandarin, Shanghainese. Under PHN program entitled to 12 sessions for a financial year. New referral for the following year to extend.	Chinese cultural background; Chinese speaking only.	Free	GP, Allied Health or MH Provider	1300 001 778 Hrs: Monday – Friday: 8.30am – 5.30pm Saturday: 10.00am – 4.00pm	
Northern Sydney PHN	Northern Sydney	Uniting Adult Mental Health - Warekila	For those 18 years and over and experiencing mental health challenges. Mental health professionals offer options and treatments for recovery.		Free	GP, Allied Health or MH Provider	9196 8700 1300 782 391 Hrs: Monday to Friday: 9am–8pm	snphn.adultmentalhealth@uniting.org

Northern Sydney PHN		Brellah Psychiatry Services	Providing short-term general adult and child and adolescent psychiatry services for underserved groups, for people experiencing severe and complex mental illness. Unable to afford private services.		Free. Up to 3 sessions per referral. Maximum of 6 sessions per individual in a 12 month period.	GP, Allied Health or MH Provider	9122 0888	mentalhealth@snhn.org.au
Northern Sydney PHN		Mission Australia Psychosocial Support Service	Non-clinical long-term psychosocial support focusing on supported access to clinical services, daily living skills, and connection with friends and family		Free	GP, Allied Health or MH Provider	9480 2500	
Northern Sydney PHN		Emotional Wellbeing for Older Persons	Short-term psychological therapies, psychosocial support, and therapeutic interventions to people living in residential aged care facilities	Aged care residents	Free	GP, Allied Health or MH Provider	1300 111 278	mhracs@anglicare.org.au
Northern Sydney PHN		Caber-ra Nanga - delivered by Relationships Australia	Culturally safe mental health care co-ordination for Aboriginal and Torres Strait Islander people and communities	First Nations People	Free	GP, Allied Health or MH Provider	1300 364 277	crnreferrals@ransw.org.au
Northern Sydney PHN		Suicide Prevention: The Way Back	Non-clinical psychosocial support for people following a suicide attempt.		Free	GP, Allied Health or MH Provider	1300 000 125 1300 782 391	
Northern Sydney PHN		Pandemic Recovery Mental Health Services - delivered by Brellah	Providing short term general adult psychiatry and child and adolescent psychiatry services for underserved groups, for people experiencing severe and complex mental illness. Brellah - short term service with 3 telehealth consults with psychiatrist. For additional services, can be eligible to up to 6 pending review. For general adult psychiatry only. For more specialised requirements like autism, etc. the Brellah program won't be able to support.	First Nations People, LGBTQI+, CALD	Free. Must live in the Northern Sydney PHN. For anyone unable to access psychiatry by other means such as community mental health or private.	GP, Allied Health or MH Provider	1300 782 391	
Northern Sydney PHN	Northern Sydney	Psychosocial Support Service - for those not eligible for NDIS	Psychosocial Support Services are non-clinical services, such as services to build social skills, maintain stable living arrangements or maintain physical wellbeing.		Free. With NDIS not eligible.	Self-referral & GP, Allied Health or MH Provider	02 9480 2500	northernsydneyservices@missionaustralia.com.au
South Eastern PHN		Grand Pacific Health	Mental health services, Aboriginal, Bushfire support	First Nations People	Free	GP, Allied Health or MH Provider	1800 228 987	

South Eastern PHN		Illawarra Aboriginal Medical Service	The Illawarra Aboriginal Medical Service strive towards developing and enhancing new and existing services in an endeavour to better the overall health and social wellbeing of the Illawarra Indigenous community.	First Nations People	Free		4229 9495	
South Eastern PHN		South Coast Medical Service Aboriginal Corporation	Aboriginal Community Controlled Health Organisation (ACCHO) providing health and health-related services relevant to the wellbeing and to the benefit of Aboriginal and Torres Strait Islander communities throughout the Shoalhaven.	First Nations People	Free	Call to speak to Intake Team.	1800 215 099	
South Eastern PHN		Strong Yawa After Hours Support Line - delivered by Waminda	Strong Yawa provides an after hours support line for Aboriginal women and children, delivered by Waminda. Available after 5pm, all calls are confidential and will be treated with respect.	Women, First Nations People	Free	Call to speak to Intake Team.	1800 953 736	
South Eastern PHN	Shoalhaven, Illawarra	Waminda: South Coast Women's Health & Welfare Aboriginal Corporation	Waminda is a culturally safe and holistic service, providing women and their Aboriginal families an opportunity to belong and receive quality health and well-being support.	Women, First Nations People	Free	Call to speak to Intake Team.	02 4421 7400 Hrs: Monday to Friday, 9am to 4.30pm	
South Eastern PHN	Batemans Bay, Moruya, Narooma	Psychosocial support: Next Steps Suicide Prevention Aftercare - Grand Pacific Health	A psychosocial program for people aged over 16 who have presented in suicidal crisis to emergency departments or community mental health teams.		Free	GP, Allied Health or MH Provider	1800 228 987	
South Eastern PHN		Psychological Therapies - Grand Pacific Health	Grand Pacific Health (GPH) provides a variety of tailored and flexible psychological therapies for people in South Eastern NSW.		Free	Self-referral & GP, Allied Health or MH Provider	1800 228 987	
South Eastern PHN	Available for those in Aged care services - North Coast, South West Regions and South Eastern Regions	Continuing to Be Me (C2bMe)	An innovative program designed to provide psychological therapy to people living in residential aged care facilities and in the community. The program provides face-to-face support in the home or telehealth sessions for targeted support of individuals, based on their specific needs. It is person-centred, led by the older person and goals are developed together.	Aged care residents	Free		1800 422 263	ask@uniting.org

South Eastern PHN		Catholic Care Bushfire Support Counselling (telehealth) - available as and when needed	This service offers free counselling to support individuals, families and communities impacted by bushfires.		Free		1800 068 698 or 02 6162 6100	
South Eastern PHN	Batemans Bay, Bega, Goulburn, Nowra, Queanbeyan, Ulladulla, Wollongong	Flourish Australia - Commonwealth Psychosocial Support Program	Free non-clinical supports for people 16 years and over with a severe and complex mental health condition. Also provides support to apply for NDIS if primarily 'Psychosocial Disability' and Service Navigation. CPS is another funding available for those who are not in NDIS. If over 65 and not yet receiving MyAgedCare package, they can apply for CPS.		Free		1300 779 270	referrals@flourishaustralia.org.au
South Eastern PHN		Illawarra Women's Health Centre - Weavers program for Carers	The program can support you to deal with emotional challenges, navigate and negotiate services, care for yourself and connect with family and friends.	Women	Free for those living with dementia.	Call to speak to Intake Team.	4255 6800 Contact person: Kim	kims@womenshealthcentre.com.au
South Eastern PHN	Shoalhaven	Mission Australia - Weavers program for Carers	In the Shoalhaven, carers can get personal support, social connection and help from Mission Australia with the issues people they are facing as a carer.	Women	Free		0491 147 153	
South Eastern PHN		Multicultural Communities Council of Illawarra (MCCI) - Weavers program for Carers	The Weavers program, supported by funding from COORDINARE, is a carer peer-to-peer model that connects carers with a mentor, also known as a Weaver, who has lived experience as a carer.	CALD	Free	Call to speak to Intake Team.	4229 7566	
South Eastern PHN		Neami National - Commonwealth Psychosocial Support Program	Non-clinical supports for people 16 years and over with a severe and complex mental health condition.		Free. Except those receiving NDIS support, and for those receiving aged care packages may still be eligible, call and check.		02 4226 3277 Contact person: pete.james@neaminational.org.au -	wollongong@neaminational.org.au
South Eastern PHN		Self-help program: New Access (by Beyond Blue)	NewAccess mental health coaching is a guided 6-session self-help program. It's designed to give you the skills to manage everyday life stresses.		Free		1300 921 535	senswnewaccess@wellways.org

South Eastern PHN	Bega, Goulburn, Moruya, Nowra, Queanbeyan, Wollongong	One Door - Commonwealth Psychosocial Support Program	Non-clinical support for people 16 years and over with a severe and complex mental health condition.		Free		1800 843 539	cps@onedoor.org.au
South Eastern PHN	Shoalhaven, Shellharbour and Kiama regions, and Southern NSW	Rural Outreach Mental Health Service	The Rural Outreach Mental Health Service (ROMHS) provides free clinical support from a mental health nurse to people with complex mental health issues		Free	Self-referral & GP, Allied Health or MH Provider	02 4421 7525	info@romhs.com.au
South Eastern PHN		Social RX - Social Prescribing Service	Social Rx is a short-term program designed to link you to locally available support services and community-based resources using a social prescribing approach.		Free for Woolonggong Coomah, Goulburn residents. Call centre to confirm locations.	GP, Allied Health or MH Provider	02 9477 8700	enquiries@pccs.org.au
South Eastern PHN		The Disability Trust - Commonwealth Psychosocial Support Program - Delivered by One Door, Flourish Australia and Stride	Free non-clinical support for people 16 years and over with a severe and complex mental health condition.	Disabled Persons	Free		1300 347 224 Contact person: Beth mytrust@disabilitytrust.org.au	psychosocialsupport@disabilitytrust.org.au
South Western Sydney		C2bMe – psychological treatment for people in aged care - delivered by Parramatta Mission	Mental health support for people 65 years + (50+ for Aboriginal people) living in partnered residential aged care facilities.	Aged care residents	Free		1800 422 263 (1800 4 C2bMe)	c2bme@parramattamission.org.au
South Western Sydney	South Western Sydney local government areas of Bankstown, Camden, Campbelltown, Fairfield, Liverpool, Wingecarribee or Wollondilly	Connector Hub – supporting people with severe mental health challenges	Connector Hub provides time limited recovery support for people living with severe mental health challenges to achieve their goals and improve wellbeing.		Free		1800 518 216	

South Western Sydney	Bankstown, Campbelltown, Camden, Fairfield, Liverpool, Wollondilly, Wingecarribee.	Credentialed Mental Health Nurse Service - delivered by APMHA HealthCare Ltd	Clients with an enduring and complex mental illness over a long time period that significantly impacts their social, personal, and work life are eligible for service. It is not an acute service and clients are seen during business hours Monday to Friday. If the client's primary presenting concern is in relation to Suicidality, following recent hospitalisation for attempt, client's should be referred to the Way Back or Clinical Suicide Prevention program in the first instance. Please be aware that clients cannot access CMHNS concurrently with CSPA or NDIS.		Free	Self-referral & GP, Allied Health or MH Provider	1300 514 811 Contact person: Tung - Manager tung@apmhahealthcare.com.au	admin@apmhahealthcare.com.au
South Western Sydney		Lifeline Macarthur and Western Sydney - Gatekeeper Training – for a suicide safe community	Short term telephone crisis supports for people 18 years + who have attempted suicide. Lifeline Crisis Supporters provide outgoing phone calls to monitor a person's wellbeing and help keep the person connected.		Free		4645 7200	suicideprevention@lifelinemacarthur.org.au
South Western Sydney	Bankstown, Campbelltown, Camden, Fairfield, Liverpool, Wollondilly, Wingecarribee	After-care program Lifeline Macarthur and Western Sydney - Lifeline Crisis Support Suicide Aftercare Program	The Lifeline Crisis Support Suicide Aftercare Program offers free short-term telephone crisis support to people (over 18 years of age) in South Western Sydney who have attempted suicide or are experiencing a suicidal crisis.		Free		02 4645 7200	admin@lifelinemacarthur.org.au
South Western Sydney		Bereavement Support group: Lifeline Macarthur and Western Sydney - Lifeline Suicide	Whether the suicide was a recent experience or one that happened many years ago the Suicide Bereavement Support Group can help.		Free		02 4645 7200 or 13 11 14	suicideprevention@lifelinemacarthur.org.au
South Western Sydney		Postvention Support: Lifeline Macarthur and Western Sydney - ECLIPSE Support Groups for suicide attempt survivors	Lifeline Macarthur and Western Sydney's ECLIPSE is a group for adults (aged 18 and over) who have survived a suicide attempt, regardless of whether the attempt was recent or in the past.		Free		02 4645 7200 or 13 11 14	suicideprevention@lifelinemacarthur.org.au
South Western Sydney		Men's Suicide Prevention - delivered by Lifeline Macarthur, We Are Men, Parents Beyond Breakup, Mentoring Men			Free		Parents Beyond Breakup 1300 853 437 Mentoring Men 1300 583 925	

South Western Sydney	Bankstown, Camden, Campbelltown, Fairfield and Liverpool Wollondilly and Wingecarribee areas	New Access - delivered by One Door Mental Health & Community Links Wellbeing	Mental health coaching to support anyone 12 years + feeling stressed or overwhelmed with day-to-day life issues. Services are available in-person and via phone or video call.		Free 10 sessions free for suicide prevention.	GP through SOUTHWEST PH	One Door Mental Health 02 9199 6143 Community Links Wellbeing 0455 104 104	One Door Mental Health newaccess@onedoor.org.au Community Links Wellbeing: mhintake@communitylinks.org.au
South Western Sydney	Campbelltown, Camden, Liverpool	Suicide Prevention: The Way Back – psychosocial support program - delivered by Grand Pacific Health	The Way Back provides support for people who have recently attempted suicide or are experiencing a suicidal crisis, who live in South Western Sydney.		Free	Referrals through Campbelltown and Liverpool hospitals only	1800 329 160 4604 3000	twbc@gph.org.au
South Western Sydney	Camden/ Campbelltown/ Liverpool/ Bankstown/ Fairfield/ Wollondilly / Wingecarribee	You In Mind – Psychological therapies for select populations	You In Mind provides free psychological therapies and non-clinical peer support for people with, or at risk of, a diagnosed mental illness and are part of an eligible population group within South Western Sydney	First Nations People, LGBTQI+, CALD, Older people	Free	GP, Allied Health or MH Provider	One Door Mental Health 02 9199 6143 Community Links Wellbeing 0455 104 104 Connection Emotion Reflection 02 4684 3633	
WentWest PHN		Directory: Head to Health	Helps identify a trained health professional who can help identify the support you need and develop a package of services that respond to you individual situation.		Free			wentwest.com.au/community/services-and-programs/mental-health/head-to-health
WentWest PHN		Western Sydney Recovery College	Provides mental health education programs to people living with mental health conditions, as well as carers, families, friends, workers or volunteers in the mental health and community sector.		Free		9199 6195	
WentWest PHN		Aboriginal Counselling	Provides mental health interventions and therapeutic counselling to people who identify as Aboriginal and Torres Strait Islander assisting with navigating the health system and managing mental and chronic health conditions.	First Nations People	NDIS funding or pay out of pocket.	GP, Allied Health or MH Provider	0410 539 905	Admin@aboriginalcounsellingservices.com.au
WentWest PHN		Community Options Australia: Wellbeing in Aged Care	Providing person-centred mental health support to aged care residents by matching their unique needs to qualified, specialist mental health clinicians.	Aged care residents	Free. Yes up to 9 sessions. Offers individual group sessions also.	Use intake form from website or call centre.	0457 001 618 1300 768 028	well@communityoptions.net.au

WentWest PHN	LGAs: Blacktown, Cumberland, Parramatta, The Hills Shire	Primary Mental Health Care Professionals	Commissioned psychological services for vulnerable groups. Clients are eligible for eight general sessions and nine sessions for suicide prevention a year with up to 24 sessions in exceptional circumstances. People who are at risk of suicide can access 12 sessions over a three-month period.	First Nations People, LGBTQI+	Free for Western Sydney PHN residents. Must hold a Medicare card.	GP, Allied Health or MH Provider Must indicate financial hardship.	02 8811 7100	
WentWest PHN		Bilingual Hospital 2 Home	Hospital 2 Home helps people connect to the services and support they need to live well in the community, improve health outcomes, reduce isolation and prevent readmission to the hospital.	CALD	Free for Western Sydney PHN residents.	Use intake form from website or call centre.	02 9199 6185	bilingualH2H@onedoor.org.au
WentWest PHN		The Shed in Mount Druitt	The Shed offers a supportive environment for disadvantaged men and women, providing assistance with mental, physical and emotional wellbeing, connecting people to mental health, Centrelink, housing, legal and therapeutic services.	First Nations People	Free		02 9628 6317	
WentWest PHN		Baabayn	They work with elders of the community and their families by focusing on healing from inter-generational trauma and building resilience	First Nations People	Free		02 8608 6054 0490 807 672 Hrs: 9.00 a.m. and 5.00 p.m	info@baabayn.org.au
WentWest PHN		Psychosocial Support: Commonwealth Program (CPS) - delivered by One Door Mental Health and Uniting	Provides psychosocial support services for adults with severe mental illnesses. They are a non-clinical program that aims to facilitate recovery in the community for people experiencing mental illness – through a range of services to help people manage daily activities, rebuild and maintain connections, build social skills, participate in education and employment, improve daily functioning, and work toward achieving their recovery goals.		Free for the first 3-6 months. Call to confirm details.	Use intake form on website or call centre.	One Door Mental Health: 1800 843 539 Uniting: 8599 4840	One Door Mental Health: cpswsintake@onedoor.org.au Uniting: CPS@uniting.org

WentWest PHN		The Keeping in Contact program - delivered by STARTTS	The Keeping in Contact (KiC) Program provides culturally safe and trauma-informed weekly 1:1 telephone contact, face to face and online social support groups as well as regular outdoor physical exercise activities for seniors from CALD and refugee backgrounds. The project is available to residents of the Western Sydney Primary Health Network, an area including Mt Druitt, Greystanes, Blacktown, Merrylands, Auburn, Parramatta, Lidcombe, Carlingford and The Hills. KiC are running groups for the following communities and languages – Afghan, Tamil, Ahmaddiya (Urdu and Hindi), Bangladeshi, Bosnian, Nepalese, South Sudanese, Urdu, Sinhalese, Punjabi and Hindi, Karenni, Burmese and Ukrainian.	CALD	Free		9646 6700	stts-startts@health.nsw.gov.au
WentWest PHN		Social Support Groups for Seniors - delivered by STARTTS	STARTTS also provides a range of other social support groups for Seniors (men and women) in Spanish, Arabic, Assyrian, Chaldean, Dari and Serbian.	CALD	Free		9646 6800 Hrs: Monday to Friday, 9am-4pm	ellen.alkondelajara@health.nsw.gov.au
WentWest PHN		Safe Space - delivered by Stride	Safe Space allows people experiencing psychological distress to access timely and responsive support from trained, non-clinical health professionals. Safe Space promotes wellbeing through a community-centred approach to suicide prevention and offers an alternative to emergency department presentation for people experiencing psychological distress and suicidality		Free		1300 00 1907	hello@stride.com.au
WentWest PHN	Seven Hills	Suicide Prevention: The Way Back Support Service Western Sydney - delivered by Neami National	For people who have attempted suicide or experienced a suicidal crisis. It provides non-clinical care and practical support for up to three months to empower individuals to improve their safety and quality of life. Referral is via the hospital, following discharge.		Free	Referrals through LHDs.	02 8416 1100 0428 495 733 Contact person: Kimia or Katie Omeara Hrs: Monday - Friday 9:00 am - 5:30 pm Closed public holidays	Intake.WSWayBack@neaminational.org.au

WentWest PHN		CALD Suicide Prevention Program	Delivers psycho-education and lifestyle group interventions for four prominent cultural groups within Western Sydney – Hazara, Tamil, South Sudanese and Arabic. The program aims to identify the signs of emotional distress, develop coping strategies, develop supportive relationships, break social isolation and reduce the stigma associated with seeking mental health assistance.	CALD	Free		9646 6700	
Western NSW PHN		Strong Minds Western NSW - delivered by Marathon Health	The program delivers free referral-based psychological services face-to-face or via telehealth across the whole region.		Free		1800 011 511 Hrs: Monday to Friday, 9am to 5pm (excluding Public holidays)	mental.health@marathonhealth.com.au
Western NSW PHN		New Access	An early intervention program that includes 6 sessions of Low Intensity Cognitive Behavioural Therapy. NewAccess coaches support patients to understand issues causing distress and provide support and practical skills to manage stress and get back to feeling like themselves. Anyone in the Western NSW PHN region, aged over the age of 16 is eligible for this service. For low to moderate anxiety only.		Free		02 6333 2838	newaccess@marathonhealth.com.au
Western NSW PHN		LifeForce Indigenous Suicide Prevention - delivered by Wesley Mission	LifeForce is suitable for Aboriginal and Torres Strait Islander People interested in raising awareness and developing local responses to suicide prevention.	First Nations People	Free		1800 100 024	lifeforce@wesleymission.org.au
	Bankstown (in-person) or from anywhere in Australia by phone	CLAN - Care Leavers Australasia Network	Offers support to people who have grown up in Orphanages, Children's Homes, Missions, Foster Care and other Child Welfare institutions in Australia and New Zealand (Stolen Generations, Forgotten Australians and Former Child Migrants) Not a Crisis service		Free		1800 008 774 Hrs: M-F 9am-5pm	support@clan.org.au

	NSW	Anglicare: Emotional Wellbeing for Older Persons (EWOP)	Free service to ensure the emotional and mental wellbeing of the elderly. If you or someone you know is a resident of a registered aged care facility who is experiencing mild to moderate mental health symptoms.	Aged care residents	Free		1300 111 278	mhracs@anglicare.org.au
	NSW - Illawarra, Shoalhaven and Queanbeyan	Multicultural Communities Council of Illawarra (MCCI) - Seniors Wellbeing	MCCI's health and wellbeing programs support you to maintain independence, share your culture and language with others, participate in the community, and meet regularly with friends. Social Groups, outings and activities		Free		02 4229 7566	admin@mcci.org.au
	NSW - Hunter region	Hunter Multicultural Communities	Multicultural Friendship Group Services and neighbour aid, plus other services		Free		02 4960 8248	
	NSW	Spanish Community Care Association	Community Visitor Scheme, wellbeing services and social support		Free		02 9698 3731	info@spanishcare.org.au
	NSW - Western Sydney	SydWest Multicultural Services	Centre Based Respite Program provides day care for seniors. The program actively encourages positive ageing and wellbeing, through activities that stimulate participants physically, mentally and emotionally.		Free		02 9621 6633 02 9625 0455	info@sydwestms.org.au
	NSW	Helpline: Listening Ear	Confidential community support service which provides a safe space to talk through your issues		Free		02 9477 6777	listeningear@outlook.com.au
	NSW - Blacktown	Friendship Centre	Face to face counselling Blacktown office, telehealth remote counselling		Free		426282214	maria@friendship-centre.com
	NSW	Sydney Local Health District Community Visitors Scheme	Culturally and linguistically diverse background and matches them with residents of the same cultural background		Free		9515 9800	SLHD-CVS@health.nsw.gov.au
	NSW	Australia Red Cross - Companionship and social support	Community Visitor Scheme Use online form to register.		Free		1800 733 276	www.redcross.org.au/visitor/
	NSW	Doing It Tough?	The platform connects men in NSW who are looking for support with addiction, relationship challenges, financial difficulties, abuse, job related challenges and mental health, with local groups and community organisations.	Men	Free			doingittough.org/

	NSW	Community Visitor Scheme - Southern Migrant and Refugee Centre	Community Visitor Scheme		Free		03 9767 1900 0421 330 230	www.health.gov.au/contacts/act-nsw-and-vic-aged-care-volunteer-visitors-scheme-acvvs-contact
	NSW	CALD Community Visitors Scheme - Sydney Multicultural Community Services	Community Visitor Scheme		Free		02 9663 3922	multiculturalcare.com.au/community-visitors-scheme/
	NSW	Victims Support Scheme	Provide 22hours free counselling, financial support and a recognition payment to victims of a violent crime in NSW. Victims of modern slavery can also apply for victims support. (Primary, Secondary and family victims, relevant family members of homicide victims) No time limit.		22 hours Free counselling, further hours can be approved yes - application (See below VOCAL for support to complete form if needed)		1800 633 063 Victims Access line 1800 019 123 Aboriginal contact line 131 450 interpreter support Hrs: M-F 9am to 5pm (exc Public holidays)	vs@dcj.nsw.gov.au
	NSW	Let's talk Elder Support and Mediation - Relationships Australia New South Wales	This mediation service is for older people and those who care about them. It supports individuals and families to have conversations about important age-related issues and disputes		Free		1300 364 277	enquiries@ransw.org.au
	NSW	NSW Ageing & Disability Commission	Training, resources and to report concerns of abuse, neglect and exploitation of older people and adults with disability		Free		1800 628 221	
	NSW	STARTTS: Aged Care of Older People with Torture and Refugee Trauma Experiences	This workshop will discuss trauma recovery oriented and culturally safe practice when working with older people from refugee backgrounds, their families, carers and communities.		Free		02 9646 6700 Ask for the Training Administration Officer	stts-training@health.nsw.gov.au

Affordable Mental Health Services (QLD)

PHN	Location	Service	Description	Specialisation	Payment	Referral	Contact No	Email
Brisbane North PHN	Services depends on postcode.	Directory: Head to Health	The Head to Health team will ask you a range of questions to connect with the most appropriate service to meet your needs or assist the person you're supporting.				1800 595 212 Hrs: 8:30 am - 5:00 pm, Monday to Friday	headtohealth@brisbanenorthphn.org.au
Brisbane North PHN	Brisbane North, Darling Downs & West Moreton, Wide Bay	Richmond Fellowship Queensland - New Access, a Beyond Blue program	NewAccess mental health coaching is a 6-session guided self-help program designed to provide you with skills to manage everyday life stresses such as work, study, relationships, health or loneliness. Tailored to your individual needs, the program is confidential and free of charge.		Free	GP, Allied Health or MH Provider or self-refer	Brisbane North 1300 159 795 Darling Downs West Moreton 1300 971 309 Wide Bay 1300 159 795	newaccess@rfq.com.au
Brisbane North PHN		Psychology in Aged Care Wellbeing Program - Change Futures	Supports residents of aged care facilities going through depression, anxiety and suicidal thinking.	Aged care residents	Free	Self-referral or GP, Allied Health or MH Provider.	07 3857 0847 Hrs: 9:00am till 5:00pm Monday to Friday. Appointments may be available outside these hours.	racmentalhealth@changefutures.org.au
Brisbane North PHN	Brisbane North and South Regions	Problem Management Plus (PM+) - World Wellness Clinic	Provides coping strategies such as managing stress, managing problems and strengthening social supports & well-being. Builds your capacity to manage your own emotional distress and if possible, reduce practical problems. Must be at risk or who have a mild mental illness but who are not acutely unwell	CALD	Free	GP, Allied Health or MH Provider. Can call to speak to Intake Team.	07 3333 2100	mentalhealth@worldwellnessgroup.org.au
Brisbane North PHN	Brisbane North PHN, Brisbane South PHN, Mater Health Services, and Metro South Health	Refugee Health Connect	RHC provides a single point of contact for service providers to access information and support regarding refugee health.	Refugees	Free	GP, Allied Health or MH Provider or self-refer	07 3864 7580 Contact: Elham	refugeehealth@bsphn.org.au

Brisbane North PHN	Royal Brisbane and Women's Hospital catchment, inner north Brisbane, The Prince Charles Hospital catchment, Strathpine, Redcliffe and Caboolture Hospital catchments, Caboolture	Mental Health Service Hubs		Women	Free for those without NDIS.		Community's Recovery and Discovery Centre Phone 07 3510 2777 Neami's Living and Learning Centre Phone 07 3493 6780 Stride Centre Phone 07 4593 0500	
Brisbane North PHN	Redcliffe/ Caboolture region	The Way Back Support Service - psychosocial aftercare service - Richmond Fellowship Queensland and Community	Delivers community based, psychosocial support to people at risk of suicide, following a suicide attempt or during suicide crisis.		Free	Referrals accepted ONLY from Redcliffe and Caboolture Hospitals	Caboolture: 07 3363 2615 Redcliffe: 07 3363 2511	www.rfq.com.au/contact-us
Brisbane North PHN	Brown Plains, Logan, Loganlea, Northgate, Woolloongaba	ATSICHS Brisbane - Institute of Urban Indigenous Health (UIIH) -	Our social health team are skilled and qualified to help you with a range of things. We can: <ul style="list-style-type: none"> • help you find information about your wellbeing • provide you with support and skills to get through the difficult times • support you to find a doctor who might give you medication that can help. 	First Nations People	Free	GP, Allied Health or MH Provider	Browns Plains Medical Clinic Phone: 07 3240 8900 Logan Social Health Clinic Phone: 07 3240 8900 Loganlea Medical Clinic Phone: 07 3240 8900 Northgate Medical Clinic Phone: 07 3240 8900 Woolloongabba Medical Clinic Phone: 07 3240 8900	
Brisbane North PHN	Dunwich, Capalaba, Wynnum, Capalaba	Yulu-Burri-Ba - Institute of Urban Indigenous Health (UIIH)	Yulu-Burri- Ba's Social Health program provides confidential and culturally appropriate support of individuals and families to build their capacity and improve functioning and well-being through the provision of counselling, psychological services, human service supports, specific treatments and family wellbeing services.	First Nations People	Free	GP, Allied Health or MH Provider	- Yulu-Burri-Ba Dunwich - Phone: 0734099596 - Yulu-Burri-Ba Capalaba - Phone: 0739007800 - Yulu-Burri-Ba Wynnum - Phone: 0731645800 - Yulu-Burri-Ba Family Services - Phone: 0739007870	
Brisbane North PHN		Kalwun - Social and Emotional Wellbeing Program	Helps Aboriginal and/or Torres Strait Islander people struggling with their mental health, drug and alcohol misuse or seeking a suicide support service.	First Nations People	Free	Enquire with provider.	5526 1112 +61 755 783 434	headoffice@kalwun.com.au

Brisbane North PHN		Kambu Health - Social Health	Social Health program is a government funded program to help deliver social and emotional support to the Aboriginal and Torres Strait Islander adult community of the West Moreton region.	First Nations People	Free	GP, Allied Health or MH Provider	07 3810 3000	socialhealth@kambuhealth.com.au
Brisbane North PHN		Deliver therapeutic solutions for individuals and families, as well as human service support and treatment for alcohol and other drug issues, and may be delivered by one-on-one counselling or in groups.	The Social Health team provides services for people around: <ul style="list-style-type: none"> • mental health • social or family support • alcohol and other drugs. 		Check with service	Enquire with provider.	Caboolture 07 5428 5855 Deception Bay 07 3884 1999 Margate 07 3480 8100 Morayfield 07 5429 1000 Strathpine 07 3897 0500	
Brisbane North PHN & ALL Regions	Stones Corner, Fortitude Valley, Indooroopilly, Strathpine and Caboolture with outreach to all clients in the PHN region.	Brisbane MIND - CALD via World Wellness Group	Brisbane North PHN's Brisbane MIND program improves access to quality primary mental healthcare for vulnerable and disadvantaged communities across our region.	CALD	Free	Enquire with provider. Download referral form from website.	07 3333 2100	www.worldwellnessgroup.org.au
Brisbane North PHN & ALL Regions	Caboolture, Banksia Beach, Ningi, Woorim	Brisbane MIND - Suicide Prevention delivered by A.T. Psychology	Health4Minds will provide therapy to patients at risk of suicide through A. T. Psychology.		Free	Enquire with provider.	07 5432 4118	
Brisbane North PHN & ALL Regions	Teneriffe and multiple locations	Brisbane MIND - LGBTIQ+	Queensland Council for LGBTI Health will work in partnership with the following organisations to deliver services across the region; Open Doors Youth Service, Wendybird, Androgen Insensitivity Syndrome Support Group Australia, Rainbow Families, IndigiLez, gar'ban'djee'lum Network & Diverse Voices.	LBGTQI+	Free	Enquire with provider.	07 3017 1777	
Brisbane North PHN - Brisbane West, Brisbane North, Pine Rivers, Redcliffe-North Lakes, Moreton Bay North	Caboolture, Banksia Beach, Ningi, Woorim	Brisbane MIND - People who have experienced trauma or abuse - delivered HEALTH4MINDS	Health4Minds will provide therapy to patients with a history of trauma or abuse through the following organisations: A T Psychology Ph: 5432 4118		Free	Enquire with provider.	07 5432 4118	
Brisbane North PHN - Brisbane Inner City	New Farm	Brisbane MIND - People who have experienced trauma or abuse - AXIS Clinic			Free	Enquire with provider.	07 3254 0333	

Brisbane South PHN		Brisbane South PHN Referral Service - Mental Health	We work in partnership with treatment providers in our community to provide local programs for General Practitioners (GPs) and health professionals to refer patients. Together, our providers work with health professionals to identify treatment services that are best suited to an individual's needs.		Free	GP, Allied Health or MH Provider	07 3151 3841 Hrs: Monday – Friday, 8:30 am – 4:30 pm	
Brisbane South PHN, Brisbane North PHN, Mater and Metro South Health		Refugee Health Connect	RHC provides a single point of contact for service providers to access information and support regarding refugee health.	CALD	Free		07 3864 7580	refugeehealth@bsphn.org.au
Brisbane South PHN		Directory: Head to Health	Provide post code to be directed to services within the PHN.				1800 595 212 Hrs: 8:30 am - 5:00 pm, Monday to Friday	
Brisbane South PHN		Footprints Community	The teams at Footprints' mental health and community services provides tailored support to an individual's mental health and their recovery journey.		Free	Check with service provider.	07 3252 3488	admin@footprintscommunity.org.au
Central QLD, Wide Bay, Sunshine Coast PHN	Use postcode search from website.	New Access, a Beyond Blue program	NewAccess is a confidential mental health coaching program for anyone feeling stressed or overwhelmed about everyday life issues.		Free	Check with service provider.	1300 159 795 Hrs: Monday to Friday 8.30am to 5.00pm AEDT	
Central QLD, Wide Bay, Sunshine Coast PHN	Services depends on postcode.	Directory: Head to Health	The Head to Health team will ask you a range of questions to connect with the most appropriate service to meet your needs or assist the person you're supporting.		Free		1800 595 212 Hrs: 8:30 am - 5:00 pm, Monday to Friday	
Central QLD, Wide Bay, Sunshine Coast PHN		Mindspot Clinic	MindSpot supports Australian adults experiencing stress, anxiety, depression, OCD, PTSD, and chronic pain. All of our services are free, confidential, and online, and provide optional access to qualified therapists.		Free	GP, Allied Health or MH Provider or self-refer	1800 614 434	contact@mindspot.org.au
Central QLD, Wide Bay, Sunshine Coast PHN	Central Queensland	National psychosocial support measure (NPS) - delivered by Anglicare Central QLD; includes warm lines & suicide prevention	The NPS program is for people with moderate-severe mental health conditions who do not quite meet NDIS eligibility. The supports offered by the program provide a range of non-clinical community based support individuals to achieve their recovery goals.		Free	GP, Allied Health or MH Provider or self-refer	1300 769 814	intakementalhealth@anglicarecq.org.au
Central QLD, Wide Bay, Sunshine Coast PHN	Bundaberg, North Burnett, Gladstone	National psychosocial support measure (NPS) - delivered by Bridges Health & Community Care	The NPS program is for people with moderate-severe mental health conditions who do not quite meet NDIS eligibility. The supports offered by the program provide a range of non-clinical community based support individuals to achieve their recovery goals.		Free	GP, Allied Health or MH Provider or self-refer	1300 707 655	enquiries@bas.org.au

Central QLD, Wide Bay, Sunshine Coast PHN	Bundaberg, Capalaba, Ipswich, Logan, Morayfield, Redcliffe, Toowoomba, Townsville, Indooroopilly, Sunshine Coast, Lismore, Grafton, Tweed Heads	National psychosocial support measure (NPS) - delivered by Openminds	The NPS program is for people with moderate-severe mental health conditions who do not quite meet NDIS eligibility. The supports offered by the program provide a range of non-clinical community based support individuals to achieve their recovery goals.		Free	Check with service provider.	1300 673 664	
Central QLD, Wide Bay, Sunshine Coast PHN	Brisbane, Gold Coast, Caboolture, Redcliffe, Logan, Redlands, Ipswich, Toowoomba, Warwick, Kingaroy, Maryborough, Bundaberg and Townsville.	National psychosocial support measure (NPS) - delivered by Recovered Futures	The NPS program is for people with moderate-severe mental health conditions who do not quite meet NDIS eligibility. The supports offered by the program provide a range of non-clinical community based support individuals to achieve their recovery goals.		Free	Check with service provider.	Central Office Telephone 07 3363 2555 Annerley 07 3363 2656 Aspley 07 3363 2621 Bundaberg 07 3363 2560 Caboolture 07 3363 2615 Capalaba 07 3363 2565 Dalby 07 4634 0983 Herston 07 3358 4424 Ipswich 07 3363 2585 Logan 07 3363 2575 Maryborough 07 3363 2533 Redcliffe 07 3363 2511 Southport 07 5563 8855 Toowoomba 07 4634 0983 Townsville 0455 737 221 Warwick 07 4634 0983 West Ipswich 07 3363 2585	
Central QLD, Wide Bay, Sunshine Coast PHN		Directory: Aboriginal and Torres Strait Islander mental health - directory of service providers	Members of the Aboriginal and Torres Strait Islander community can access culturally appropriate care coordination and mental health services provided by culturally competent mental health professionals.	First Nations People	Free			www.health.gov.au/our-work/aboriginal-and-torres-strait-islander-mental-health-program

Central QLD, Wide Bay, Sunshine Coast PHN		Directory: Primary mental health services for severe mental illness	These services provide clinical care coordination for people with a diagnosed mental illness that is ongoing and significantly impacts on their social, personal and work life.		Free			www.health.gov.au/resources/publications/primary-health-networks-phn-primary-mental-health-care-guidance-services-for-people-with-severe-mental-illness?language=en
Central QLD, Wide Bay	Rockhampton and Bundaberg	Lutheran Services Mental Health - Wellbeing & Positive Ageing	Delivers dedicated mental health support programs for residential aged care facilities in Central Queensland and Wide Bay. Aged care has to have an MIU (agreement) with Lutheran Services.	Aged care residents	Free	GP, Allied Health or MH Provider	1800 113 227	intake@lutheranservices.org.au
Central QLD, Wide Bay, Sunshine Coast PHN	Maroochydore Office Gympie Office Caloundra Office	Psychology in Aged Care delivered by Lifespan Health	Identifying Residents who are at risk of or are presenting with a mental health issue.	Aged care residents	Free		07 5406 0820	admin@lifespanhealth.com.au
Central QLD, Wide Bay, Sunshine Coast PHN		Directory: My Compass Website	A customisable self-help tool for your mental health. myCompass is a free and confidential online program. This allows your patients to work their way through evidence-based mental health assessments and interactive therapies.		Free			www.mycompass.org.au/Adults
Darling Downs & West Moreton	Toowoomba, Warwick	Strong Mind, Strong Spirit program	A culturally appropriate support program designed to reach out to those with or at risk of mental illness, their family and community. Culturally appropriate group support for individuals, their family and community One-on-one counselling offered if required	First Nations People	Free	GP, Allied Health or MH Provider	1300 379 558 Contact: Richard Turnbull or Darleen Oliver	
Darling Downs & West Moreton	All Aged care residents in this LGA	NewAccess Program	A free service developed by beyondblue that provides support in the form of a specially trained coach and includes: One (1) x 60 minute initial assessment followed by five (5) x 30 minute sessions over six (6) weeks This service is specifically tailored for an older persons needs.	Aged care residents	Free	GP, Allied Health or MH Provider	1300 971 309	sage@rfq.com.au
Darling Downs & West Moreton	Ipswich LGA, Scenic Rim LGA and Toowoomba LGA	NewAccess Program	A free service developed by beyondblue that provides support in the form of a specially trained coach and includes: One (1) x 60 minute initial assessment followed by five (5) x 30 minute sessions over six (6) weeks		Free	GP, Allied Health or MH Provider	1300 971 309	newaccess@rfq.com.au

Darling Downs & West Moreton	Toowoomba	TOMNET (The Older Mens Network)	Offers specialised support services and peer programs for men over 50, especially those at risk. Program offers up to 12 face to face or telephone sessions to help men manage anxiety and depression. For men aged 50 and over living in the Toowoomba LGA.	Men	Free	GP, Allied Health or MH Provider	07 4638 9080	admin@tomnet.org.au
Darling Downs & West Moreton	Toowoomba	Creative Coping	A 20-week group therapy program that helps people build skills to manage overwhelming thoughts and emotions, reduce distress and make life changes.	CALD	Free	GP, Allied Health or MH Provider	1300 991 443	
Darling Downs & West Moreton	Southern Downs LGA and Clifton in the Toowoomba LGA	Targeted Psychological Therapies (TPT) - Centre for Healthy Living	Provides psychological support to people with a mild to moderate mental health condition.	CALD	Free	GP, Allied Health or MH Provider	07 4661 3340 Contact: Gordana Sloss	admin@centreforhealthyliving.com.au
Darling Downs & West Moreton	Toowoomba, Oakey, Kingsthorpe	Targeted Psychological Therapies (TPT) - Lumsden Psychology	Provides psychological support to people with a mild to moderate mental health condition.	CALD + LGBTQI	10 free sessions per financial year or until allocated funds are exhausted	GP, Allied Health or MH Provider	0427 647 847 Contact: Marguerite Lumsden	admin@lumsdenpsychology.com.au
Darling Downs & West Moreton	All communities in this LGA	Psychosocial Support - Wellways Australia Limited	Offers peer support for people who are diagnosed with a severe and complex mental health condition who are currently being managed in the primary care setting via a GP and/or psychiatrist.		Free	GP, Allied Health or MH Provider	1300 111 400 Contact: Genevieve Wells	gwells@wellways.org
Darling Downs & West Moreton	Toowoomba and surrounds Warwick only in Southern Downs	Psychosocial Support - Momentum Mental Health -	Momentum offers support for people who are both non-diagnosed, or diagnosed with mental health conditions who may also be in the primary care setting via a GP and/or psychiatrist. People who attend will receive psychosocial services through a range of non-clinical supports which will be provided in 1:1 and group coaching settings.		Free		07 4632 4688	admin@toowoombaclubhouse.org.au
Darling Downs & West Moreton	All communities in this LGA	Reach Out and Recovery (ROaR) Service - Carbal Medical Services	Culturally appropriate suicide prevention service that will support the client (and their care givers) to work with a range of practitioners including GPs, psychiatrists, addiction medicine specialists, psychologists, social workers, counsellors, nurses and Aboriginal health workers.	First Nations People	Free	GP, Allied Health or MH Provider	07 4580 1440	ksoppa@carbal.com.au

Darling Downs & West Moreton	Dalby, Chinchilla and Tara in Western Downs LGA. Oakey in Toowoomba LGA.	Healing Workshops - Goondir Health Services	Service options include the Find Healing (through Culture) and Walkabout Barber workshops. Access to integrated health services.	First Nations People	Free	GP, Allied Health or MH Provider	07 4679 5900 07 4679 5966	
Darling Downs & West Moreton	All communities in this LGA	The Way Back Support Service - Richmond Fellowship Queensland	One-on-one, non-clinical care and practical support that people can relate to following a suicide attempt. Support is provided for up to three (3) months and targets those at the highest risk through referrals following hospital presentations.	First Nations People	Free	GP, Allied Health or MH Provider	1300 168 839	thewayback@rfq.com.au
Darling Downs & West Moreton	All communities in this LGA	Carbal Medical Services	Culturally appropriate mental health services, including suicide prevention services, for Aboriginal and Torres Strait Islander people.	First Nations People	Free	GP, Allied Health or MH Provider	1300 379 558	
Darling Downs & West Moreton	All Aged care residents in this LGA	NewAccess Program	A free service developed by beyondblue that provides support in the form of a specially trained coach and includes: One (1) x 60 minute initial assessment followed by five (5) x 30 minute sessions over six (6) weeks This service is specifically tailored for an older persons needs.	Aged care residents	Free	GP, Allied Health or MH Provider	1300 971 309 07 4580 1440	sage@rfq.com.au
Darling Downs & West Moreton		Directory: National Health Services - Health Direct	A national directory of health services and the practitioners who provide them.		Free			about.healthdirect.gov.au/nhsd
Gold Coast		Directory: Psychological Services Program and Head to Health	A moderate intensity service that offers short term structured psychological therapies delivered by a range of providers contracted by the Gold Coast Primary Health Network.		Free		07 3186 4000	GCTX@pccs.org.au
Gold Coast		Aboriginal and Torres Strait Islander: Kalwun Social & Emotional Health Program	Offers comprehensive support for Aboriginal and/or Torres Strait Islander people, who are struggling with their mental health, alcohol, and other drug misuse or seeking a suicide support service.	First Nations People	Free	GP, Allied Health or MH Provider	Coomera Integrated Health and Wellbeing Hub Phone: 07 5514 7100 Bilinga Clinic Phone: 07 5589 6500 Miami Clinic Phone: 07 5526 1112	socialhealth@kalwun.com.au

Gold Coast		Referral Service: Community Pathway Connector	A low to moderate intensity service which provides a culturally safe connection point and referral service for people who identify as Aboriginal or Torres Strait Islander or who have specific cultural needs.	First Nations People, Aged care residents	Free	GP, Allied Health or MH Provider	CURA Community Services Multicultural Communities Council Gold Coast Phone 07 5527 8011 info@curacares.com Krurungal Aboriginal and Torres Strait Islander Corporation Phone 07 5536 7911 reception@krurungal.com.au	www.mccgc.com.au/cura www.krurungal.com.au
Gold Coast		Directory: Head to Health	Assessment and Referral Phone Service offers mental health service navigation for people who are unsure of where to seek appropriate supports (for themselves or someone they care for e.g., GP/Carer), and a central point for receiving and assessing GP and Psychiatrist referrals for people – who are not in crisis and require mental health, drug and alcohol and suicide prevention support.		Free	GP, Allied Health or MH Provider	07 3186 4000 Hrs: 8.30am to 5pm weekdays	GCTX@pccs.org.au
Gold Coast		Directory: Head to Health Online Portal	The Head to Health portal brings together over 500+ digital resources to support wellbeing and mental health.		Free			Head to Health phone service - Gold Coast Primary Health Network (gcpn.org.au)
Gold Coast		Psychological Services Program: Residential Aged Care Facilities	Offers structured psychological therapies that support people with mental health needs living in residential aged care.	Aged care residents	Free	Check website for referral form.	07 5648 0424	racmentalhealth@changeutures.org.au
Gold Coast		Plus Social – Clinical Care Coordination program Head to Health	The program supports individuals whose mental health significantly impacts their daily living. The program includes structured, recovery and goal-oriented services focused on creating significant improvements in quality of life, health, and wellbeing		Free	GP, Allied Health or MH Provider	1800 595 212 (Head to Health) 07 3186 4000 (PCS)	
Gold Coast		After Hours Safe Space	A low intensity, community-based after-hours mental health service for people to access when experiencing mental health distress. Locations: Mermaid Beach & Southport		Free	GP, Allied Health or MH Provider	1800 595 212 (Head to Health) 07 3186 4000 (PCS)	

Gold Coast		Community Alcohol and Other Drugs Services	These services provide treatment and support for people who are impacted by alcohol or drugs including support for people with mental health problems associated with drugs and alcohol use.		Free		Lives Lived Well only activities After hours 18+ 1300 727 957 info@liveslivedwell.org.au www.liveslivedwell.org.au QuiHN only activities After Hours Program 07 5520 7900 1800 172 076 Quihn@quihn.org www.quihn.org Kalwun +61 755 783 434 headoffice@kalwun.com.au socialhealth@kalwun.com.au	info@liveslivedwell.org.au
Gold Coast		The Way Back Support Service (The Way Back) Referral Pathway	A low to high intensity non-clinical psychosocial support and transition service for people who may have recently attempted suicide or are at risk of suicide and have presented to either Robina Hospital or Gold Coast University Hospital.		Free	GP, Allied Health or MH Provider	07 5569 1850 Hrs: 8am to 5pm weekdays	thewaybackservice@wmg.org.au
Gold Coast		Directory: Local Gold Coast Health Services	The National Health Services Directory which is one of the most comprehensive online health directories in Australia.		Free			gcphn.org.au/wp-content/uploads/2020/02/GOLD-COAST-COMMUNITY-SERVICES-DIRECTORY.pdf
Northern Queensland	Cairns, Townsville, Mackay	Connect to Wellbeing - Psychological Therapies	For low income / financially disadvantaged people with a non-acute moderate mental health condition who would benefit from short-term goal-focused psychological strategies.		Free	GP, Allied Health or MH Provider	1300 020 390	contact@connecttowellbeing.org.au
Northern Queensland	Cairns, Townsville, Mackay	Psychological Therapies in Aged Care Facilities	Psychological support for people in Residential Aged Care Facilities (Aged care residents) who would benefit from short-term goal-focused psychological strategies.	Aged care residents	Free	GP, Allied Health or MH Provider	1300 020 390	contact@connecttowellbeing.org.au
Northern Queensland	Cairns, Townsville, Mackay	Suicide Prevention Services (low to moderate risk)	Suicide Prevention Services provides support for people following a suicide attempt or self-harm incident, people who have expressed recent suicidal ideation, or people otherwise at risk of a suicidal crisis.		Free	GP, Allied Health or MH Provider	1300 020 390	contact@connecttowellbeing.org.au
Northern Queensland	Cairns, Townsville, Mackay	Telehealth Specialist Services	This service provides a consultation under Medicare via video conferencing by a consultant psychiatrist. Only GPs can make a referral to Telehealth Specialist Services.		Free	GP, Allied Health or MH Provider	1300 020 390	contact@connecttowellbeing.org.au

Northern Queensland	Cairns, Townsville, Mackay	National Psychosocial Support Measure (NPSM)	<p>Psychosocial support (for up to 12 months) for people with a severe episodic mental illness resulting in a reduced functional capacity.</p> <p>The person must not currently be a client of public mental health services (QLD health), the NDIS or any other government-funded Mental health support programs (such as CoS, NPST, IRSP, GRSP).</p>		Free	GP, Allied Health or MH Provider	1300 020 390	contact@connecttowellbeing.org.au
Northern Queensland	Cairns, Townsville, Mackay	Mental Health Integrated Complex Care (MHICC)	<p>Provides longer term (up to 2 years) clinical support and treatment for individuals with severe mental illness with complex needs resulting in reduced functional capacity.</p> <p>The person must not currently be a client of public mental health services and must not be receiving case management through Queensland Health.</p>		Free	GP, Allied Health or MH Provider	1300 020 390	contact@connecttowellbeing.org.au
Northern Queensland		Directory: Townsville Head to Health	Townsville Head to Health is a service that connects adults who are experiencing high levels of distress and seeking help with local mental health and wellbeing support services.		Free		07 4766 8444	TownsvilleHeadtoHealth@neaminational.org.au
Western Queensland		Mental health in Residential Aged Care	Provide mental health services to residents of residential aged care facilities (Aged care residents), similar to services available in the wider community through access to psychology services.	Aged care residents	Free	GP, Allied Health or MH Provider	<p>South West Qld Services St George: Alex Donoghue email - adonoghueclinical@gmail.com Mob - 0447086607</p> <p>North and West Remote Health: Marianna Masiorski Integrated Mental Health Manager marianna.masiorski@nwrh.com.au PH - 07 4744 7616</p>	adonoghueclinical@gmail.com

Western Queensland		New Access, a Beyond Blue program	A personal mental health coaching service to improve access to Low Intensity CBT (Cognitive Behavioural Therapy) for people with mild to moderate depression and/or anxiety.		Free		NewAccess Coach: Lauren Jones Mob:: 0407 058 527 Email: lauren.jones@liveslivedwell.org.au Online Referral: www.liveslivedwell.org.au/newaccess Intake T: 1300 971 309 Intake Email: newaccess@liveslivedwell.org.au	liveslivedwell.org.au
Western Queensland		Directory: Head to Health	Head to Health is a free mental health service funded by the Commonwealth Government, for people who are experiencing stress, anxiety and other mental health issues. Anyone can access Head to Health and a GP referral is not required.		Free		1800 595 212 Hrs: Monday to Friday: 8.30am to 5pm (except public holidays)	
QLD		Community Visitor Scheme - Queensland Community Care Network: Community Visitor Scheme - Queensland Community Care Network	Community Visitor Scheme		Free		07 3379 7200 or 1300 753 287	kieran@qccn.org.au
QLD	Hervey Bay	Hervey Bay Neighbourhood Centre	Community Visitors Scheme and individual and group support to older people and their carers		Free		07 4124 6863	info@hbnc.com.au
QLD		Safe Space - QLD Caboolture	We provide a warm welcoming environment for adults (16+). Walk in and talk to our caring support team today. • Specialist Mental Health Staff • Safety Planning • Sensory Room and Activities • Information & support for selfreferral to other community services.		Free		07 5232 1590	hello@stride.com.au
QLD		ADA Australia: Aged and Disability Advocacy - QLD	Aged and Disability Advocacy		Free		1800 818 338	info@adaaustralia.com.au
QLD		Victims Assist Queensland	Information and advice for victims of crime; including information about support services, victims' rights and financial assistance.		Free and low cost		1300 546 587	VictimAssist@justice.qld.gov.au

QLD		Operated by Uniting Care: Seniors Enquiry Line	Seniors Enquiry Line is a statewide information and referral service for Queensland seniors, families, friends, grandparents and carers.		Free		1300 135 500	
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Affordable Mental Health Services (NT)

PHN	Location	Service	Description	Specialisation	Payment	Referral	Contact No	Email
NT	Casuarina	Head to Health	Darwin Head to Health is a free service.		Free		08 8914 6600 Hrs: Monday to Friday 10am to 10pm and Weekends 12pm to 8pm	DarwinHeadtoHealth@neaminational.org.au
NT	Alice Springs, Darwin, Katherine, Ludmilla, Nhulunbuy, Palmerston	Anglicare NT	Services include: counselling and mediation, mental health and wellbeing, older people, refugees and migrant, prison chaplaincy		Free		08 8985 0000 Hrs: Monday to Friday 8.30am to 4.30pm	anglicare@anglicare-nt.org.au
NT		Congress – Social & Emotional Wellbeing Service (SEWB)	- confidential counselling and psychological services including psycho-education; - social and cultural support including case management, Women's and Men's bush trips, art therapy, access to local language speakers and connection to country; - drug and alcohol treatment for Aboriginal people experiencing the effects of harmful alcohol and alcohol use; and - a dedicated GP service.	First Nations People	Free		1800 142 900 08 8959 4750 Hrs: Monday to Friday 9am to 5pm	SEWBRecep@caac.org.au
NT		Northern Territory Stolen Generations Aboriginal Corporation (NTSGAC)	Provide emotional support, social wellbeing services and referral service for Stolen Generations members and their families/descendants in the Top End	First Nations People	Free		08 8947 9171 Hrs: Monday to Friday 8am to 4.30pm	ceo@ntsgac.org
NT		Bereaved by Suicide Support Group NT	Postvention - BBSSGNT is a suicide bereavement support group for persons over the age of 18 years who have been impacted by suicide loss of a family member, friend or work colleague		Free	GP, Allied Health or MH Provider	0491 311 211 Hrs: Meetings are held on the 1st Wednesday of every month between 6:30pm to 8:30pm @ Harry's Place, 1 Willeroo Street in TIWI.	info@sabrinareach4life.com.au

NT	Face-to-face sessions are available in Darwin, Katherine and Alice Springs. Phone or video sessions are available for people all over the Territory.	Relationships Australia - Individual Counselling	Local trained counsellors available, to help reduce stress, develop support strategies and increase self-awareness.		Fees vary based on income. Discuss with intake officer during appointment booking. Employees of Northern Territory Government and PFES can access service free of charge.	GP, Allied Health or MH Provider	1300 458 600 Hrs: Monday - Friday: 8:30am - 5pm Open Late Thursday: 8:30am - 7pm	nt.relationships.org.au/contact
NT		Big Sky Psychology Video & Phone Counselling	Offer individual therapy sessions to all people living in Northern Territory. Video and phone appointments available.		Medicare rebate for up to 20 sessions per calendar year with clinical psychologist. Referral and Mental Health Care plan needed.		0473 010 904 08 8996 0666	info@bigskypsychology.com.au
NT	Darwin	Emotional and Social Wellbeing - Ignite Potential	The program offers Mental Health support to migrants in the NT by applying cultural safety model while dealing with psycho-social issues of migrants, building therapeutic alliance and trust, making services inclusive and accessible. For people from a refugee or migrant background who are experiencing psychological or psychosocial difficulties	CALD	Free	Complete intake form	0452 603 446 Hrs: Monday to Friday 9am to 5pm	info@ignitepotential.org.au
NT	Alice Springs	Pathways to Recovery - Mental Health Association of Central Australia (MHACA)	A psychosocial recovery-oriented program which provides individual support to people living with a diagnosed mental illness.		Free	GP, Allied Health or MH Provider	08 8950 4600 Hrs: Monday–Friday Office: 8.30am–4.00pm Drop-in: Monday 8.30am–1.30pm Tuesday–Friday 8.30am–3.00pm	info@mhaca.org.au

NT		Psych Solutions NT	Short-Term Therapies (STT) program provides access to effective, free treatment for people with mild to moderate mental illness, such as depression and anxiety, who may not otherwise be able to access Medicare-subsidised mental health services. The SST Program offers up to six sessions with a Psychologist/Mental Health Professional and further 4 sessions on GP approval. The Short-Term Therapies program (formerly ATAPS) is funded by the Northern Territory Primary Health Network		<ul style="list-style-type: none"> • STT Clients pay no fees • Clients with a Mental Health Plan can get a rebate • EAP provider or Health insurer may cover fees • Affordable sessional rates under the APS recommended fee 	GP, Allied Health or MH Provider	0428 419 582 Hrs: Monday-Friday 9am -5pm By Appointment	info@psychsolutionsnt.com.au
NT		Psychological therapies for mild to moderate mental health illness	This program provides short-term, effective, free treatment for individuals with mild to moderate mental illness who have difficulty accessing mental health treatment services through Medicare's Better Access. GP will complete a Mental health Treatment Plan (MHTP) and a Short-Term Therapies referral form to refer the client to NT Connect to Wellbeing.		Starting with 6 sessions with further 4 agreed by GP.	GP, Allied Health or MH Provider	1800 844 054 Hrs: Monday to Friday, 8:30am to 5:00pm	NT.ConnectToWellbeing@neaminational.org.au
NT	Katherine, East Arnhem & Central Australia	Psychological therapies for mild to moderate mental health illness - Mental health services in rural and remote areas	The Mental Health Services in Rural and Remote Areas program aims to improve the mental health of people living in rural and remote areas who have mild to moderate diagnosable mental illness.	First Nations People	Free	Check with provider	1800 844 054 Hrs: Monday to Friday, 8:30am to 5:00pm	NT.ConnectToWellbeing@neaminational.org.au
NT	Alice Springs (postcodes 0852 to 0872)	Catholic Care Northern Territory	Catholic Care provides advocacy services to older people, including programs and supports for Aboriginal communities.		Free - funded by OPAN		08 8958 2400	alicesprings@catholiccarent.org.au
NT	Tennant Creek (postcodes 0852 to 0872)	Catholic Care Northern Territory	Catholic Care provides advocacy services to older people, including programs and supports for Aboriginal communities.		Free - funded by OPAN		08 8962 3065	tennantcreek@catholiccarent.org.au
NT	Tennant Creek Tiwi Islands	Catholic Care Northern Territory - Taking Action to Tackle Suicide	Taking Action to Tackle Suicide - In the Tiwi Islands we help build the community's capacity to support vulnerable members and in Tennant Creek we are able to provide direct assistance to people seeking help.		Free		08 8962 3065	tennantcreek@catholiccarent.org.au

NT	Tiwi Islands and Wurrumiyanga	Catholic Care Northern Territory - Taking Action to Tackle Suicide	Taking Action to Tackle Suicide - In the Tiwi Islands we help build the community's capacity to support vulnerable members and in Tennant Creek we are able to provide direct assistance to people seeking help.		Free		08 8978 3921	tiwiislands@catholiccarent.org.au
NT		Anglicare NT: Aged Care Volunteer Visitors Scheme	A program that connects volunteers with older people at risk of social or cultural isolation. Offered in Darwin, Palmerston, Katherine, Alice Springs, Nhulunbuy and Tennant Creek.		Free		08 8985 0000	anglicare@anglicare-nt.org.au

Affordable Mental Health Services (ACT)

PHN	Location	Service	Description	Specialisation	Payment	Referral	Contact No	Email
ACT		Directory: Head to Health	Easy to access, free mental health support, advice, assessment, and treatment to help you find the right mental health support for your individual needs. It also provides advice, information and support to carers, friends and family members.		Free		1800 595 212 Hrs: Mon-Fri, 8.30am-5pm	
ACT	Canberra & Goulburn	Stepped Care – Next Step	Next Step is a free, confidential and evidence-based psychological support service which aims to improve access to treatment for people experiencing anxiety and/or depression. The service helps you access the best type of mental health support to meet your individual needs. To meet varying needs, the service is offered across a continuum and delivered by a trained workforce.		Free		02 6162 6111	NextStepIntake@catholiccare.cg.org.au
ACT	Statewide	Embrace Multicultural Mental Health	A national focus on mental health and suicide prevention for people from culturally and linguistically diverse (CALD) backgrounds.	CALD	Free		02 6285 3100	multicultural@mhaustralia.org
ACT	Statewide	The Way Back Support Service - Delivered by Woden Community Services	The Way Back Support Service is delivered to people who have been admitted to a hospital following a suicide attempt or people experiencing a suicide crisis. The Way Back provides encouragement and support in the first few months following a hospital admission, offering support to follow the hospital discharge plan and focusing on safety planning.		Free	GP, Allied Health or MH Provider	1800 929 222 or 02 6282 2644 Hrs: Mon-Fri 9:00am to 5:00pm	info@wcs.org.au
ACT	Statewide	Inclusive Pathways	Inclusive Pathways provides psychological therapies and social and emotional wellbeing support, free of charge to anyone aged 16 yrs+ who identifies LGBTIQ+ and is based in the ACT.	LGBTQI	Free		02 6257 2855	contact@meridianact.org.au
ACT	Statewide	Access Mental Health Team & other services	Supporting people in the community or those who have recently discharged from hospital and need urgent mental health assessment, treatment and care.		Free	GP, Allied Health or MH Provider	1800 629 354 or 6205 1065 Hrs: 24hr	

ACT	Statewide	Meridian Wellbeing Services – Psychological and Stepped Care Support Services	Psychological interventions by a psychologist and emotional and social support through the provision of comprehensive assessment and structured support plans.	LGBTQI	Free	GP, Allied Health or MH Provider	02 6257 2855 or 0412 882 855	Wellbeingservices@Meridianact.org.au
ACT		Victims Support ACT	Anyone who is a victim of a crime committed in the ACT is eligible for some support or information from Victim Support ACT. Victims of non-violent crimes such as burglary or motor vehicle theft are provided with up to two hours of support. Victims of violent crimes may be entitled to more extensive level of service – depending on the impact the crime has had and the level of support they need.		Free	Use referral form	1800 8222 72 or 02 6205 2066	victimsupport@act.gov.au
ACT		Australia Red Cross - Companionship and social support	Aged Care Volunteer Visitors Scheme (ACVVS), previously known as Community Visitor Scheme (CVS)		Free	Use online form to register	1800 733 276	www.redcross.org.au/visitor
ACT		Community Visitor Scheme - Southern Migrant and Refugee Centre	Get in touch with the Southern Migrant and Refugee Centre if you want to refer someone or yourself to the CVS		Free		03 9767 1900 0421 330 230	cvs@smrc.org.au
ACT	Belconnen	Safe Space Belconnen	Provides a warm, welcoming environment for adults (16+) to walk in and be supported by Specialist Mental Health Staff. The Safe Space has a sensory room, activities, information and support to access other services and you can be supported to create a safety plan.		Free		421154147 Tue to Sat 3pm to 10pm	hello@stride.com.au
ACT and Queanbeyan		Multicultural Communities Council of Illawarra (MCCI) - Seniors Wellbeing	MCCI's health and wellbeing programs support you to maintain independence, share your culture and language with others, participate in the community, and meet regularly with friends. Social Groups, outings and activities		Free		02 4229 7566	admin@mcci.org.au
ACT		ACT Disability, Aged and Carer Advocacy Service (ADACAS)	Older Persons Advocacy		Free		02 6242 5060	adacas@adacas.org.au

Affordable Mental Health Services (TAS)

PHN	Location	Service	Description	Specialisation	Payment	Referral	Contact No	Email
TAS	Southern, Northern, North West	Help to connect with psychosocial support (adults) - Mental Health TasConnect - Provided by Baptcare	A free and confidential phone line which aims to connect someone with a severe mental illness with the psychosocial support services that best meet their needs. This may include support from a peer worker if someone needs help applying for psychosocial access to the National Disability Insurance Scheme (NDIS).		Free		1800 290 666 9am to 5pm, Monday to Friday (excluding public holidays)	horizons@baptcare.org.au
TAS	Southern, Northern, North West	Mental health - complex and severe (adults) The providers in each region are: South: Richmond Fellowship Tasmania North: Prospect Medical Centre North west: Rural Health Tasmania Not all services are physically delivered in every local community, but eligible people in the areas indicated have access to some level of service.	Services to support adults who have been diagnosed with complex and severe mental health conditions. Diagnosed conditions generally include psychosis, schizophrenia, severe and prolonged depression or similar conditions.		Free	GP, Allied Health or MH Provider	Rural Health Tasmania 03 6452 1266 Prospect Medical Centre 03 6344 7991 Richmond Fellowship Tasmania 03 6228 3344	referrals@rftas.org.au
TAS	Northern	Mental health - immediate support (adults - Launceston)	Services provided by a team including care coordinators and peer concierges (with lived experience of mental illness).		Free		1800 424 578	headtohealth.launceston@stride.com.au
TAS	Southern, Northern, North West	Mental health - mild to moderate (adults) - Delivered by Psychology Caffe	Short-term psychological interventions of up to 12 sessions of care are available under this service.	First Nations People, CALD	Free	GP, Allied Health or MH Provider	03 6426 3050	admin@psychologycaffe.com.au
TAS	Southern, Northern, North West	Mental health - mild to moderate (adults) - Delivered by The Crawley Clinic	Short-term psychological interventions of up to 12 sessions of care are available under this service.	First Nations People, CALD	Free	GP, Allied Health or MH Provider	03 6331 0577	admin@thecrawleyclinic.com.au

TAS	Southern, Northern, North West	Mental health - mild to moderate (adults) - Delivered by The Link Youth Health Service	Short-term psychological interventions of up to 12 sessions of care are available under this service.	First Nations People, CALD	Free	GP, Allied Health or MH Provider	03 6231 2927	hello@thelink.org.au
TAS	Southern, Northern, North West	Mental health - mild to moderate (adults) - Delivered by Cornerstone Youth Services	Short-term psychological interventions of up to 12 sessions of care are available under this service.	First Nations People, CALD	Free	GP, Allied Health or MH Provider	03 6335 3100	info@csys.com.au
TAS	Southern, Northern, North West (also available statewide in some form)	Mental health and wellbeing (adults) - Low Intensity - Delivered by Mindfulness Programs AU	This service is for people aged 18 years and over with or at risk of mild mental illness, including (but not limited to) mood disorders and anxiety disorders.		Free	GP, Allied Health or MH Provider	0488 064 228	admin@mindfulnessaus.com.au
TAS	Southern, Northern, North West (also available statewide)	Mental health support for aged care residents - Delivered by Richmond Fellowship Tasmania	In-reach psychological treatment services for people living in aged care facilities who have mild to moderate mental illness.	Aged care residents	Free		6228 3344	referrals@rftas.org.au
TAS	North West (Burnie, Devonport, Central Coast and Latrobe local government areas, as well as in Sheffield and Deloraine)	Mental health – moderate to high complexity (adults)	Primary Health Tasmania has commissioned Psychology CAFFE to deliver short-term psychological support to people of all ages living in the Burnie and Devonport areas. Clients will have access to up to 24 individual sessions of care. Group sessions are also available for clients who may benefit from this approach.		Free	GP, Allied Health or MH Provider	03 6426 3050	admin@psychologycaffe.com.au
TAS	Southern, Northern, North West	Psychosocial support for adults with severe mental illness - Delivered by Bapcare	A service to support people living with severe mental illness who need targeted help getting back on their feet, as part of the National Psychosocial Support (NPS) Measure.		Free		1800 290 666	horizons@baptcare.org.au
TAS	Southern, Northern, North West	Social and emotional wellbeing (Aboriginal people) - Cape Barren Island Aboriginal Association	Co-design services aimed at building resilience and empowering people to have a role in managing their mental health. These services are for Aboriginal people and people providing services to Aboriginal communities.	First Nations People	Free		03 6359 3531 or 03 6359 3533	Annette.P@cbiaa.org.au
TAS	Southern, Northern, North West	Social and emotional wellbeing (Aboriginal people) - Tasmanian Aboriginal Centre and Aboriginal Health Service - Burnie	Co-design services aimed at building resilience and empowering people to have a role in managing their mental health. These services are for Aboriginal people and people providing services to Aboriginal communities.	First Nations People	Free		03 6436 4100	burnie@tacinc.com.au

TAS	Southern, Northern, North West	Social and emotional wellbeing (Aboriginal people) - Circular Head Aboriginal Corporation (CHAC)	Co-design services aimed at building resilience and empowering people to have a role in managing their mental health. These services are for Aboriginal people and people providing services to Aboriginal communities.	First Nations People	Free		03 6452 1287	
TAS	Southern, Northern, North West	Social and emotional wellbeing (Aboriginal people) - Flinders Island Aboriginal Association Inc (FIAAI)	Co-design services aimed at building resilience and empowering people to have a role in managing their mental health. These services are for Aboriginal people and people providing services to Aboriginal communities.	First Nations People	Free		03 6359 3532	info@fiaai.org.au
TAS	Southern, Northern, North West	Social and emotional wellbeing (Aboriginal people) - Rural Health Tasmania - No 34 Aboriginal Health Service - Ulverstone	Co-design services aimed at building resilience and empowering people to have a role in managing their mental health. These services are for Aboriginal people and people providing services to Aboriginal communities.	First Nations People	Free		6417 6080	
TAS	Southern, Northern, North West	Social and emotional wellbeing (Aboriginal people) - Tasmanian Aboriginal Centre and Aboriginal Health Service - Launceston	Co-design services aimed at building resilience and empowering people to have a role in managing their mental health. These services are for Aboriginal people and people providing services to Aboriginal communities.	First Nations People	Free		03 6332 3800	launceston@tacinc.com.au
TAS	Southern, Northern, North West	Social and emotional wellbeing (Aboriginal people) - South East Tasmanian Aboriginal Corporation	Co-design services aimed at building resilience and empowering people to have a role in managing their mental health. These services are for Aboriginal people and people providing services to Aboriginal communities.	First Nations People	Free		03 6295 0004	
TAS	Southern, Northern, North West	Social and emotional wellbeing (Aboriginal people) - Karadi Aboriginal Corporation	Co-design services aimed at building resilience and empowering people to have a role in managing their mental health. These services are for Aboriginal people and people providing services to Aboriginal communities.	First Nations People	Free		03 6272 3511	info@karadi.org.au
TAS	Southern, Northern, North West	Social and emotional wellbeing (Aboriginal people) - Tasmanian Aboriginal Centre	Co-design services aimed at building resilience and empowering people to have a role in managing their mental health. These services are for Aboriginal people and people providing services to Aboriginal communities.	First Nations People	Free		03 6234 0700	hobart@tacinc.com.au
TAS	Southern, Northern, North West	Suicide prevention - culturally and linguistically diverse people	Cultural and linguistically diverse individuals and communities seeking support and/or community capacity building to improve awareness and responsiveness to suicidality (including improved mental health and wellbeing and stigma reduction).	CALD	Free	GP, Allied Health or MH Provider	03 6221 0999 (south) or 03 6724 2820 (north)	reception@mrcas.org.au

TAS	Southern, Northern, North West	Suicide prevention - rural and remote areas	The RAW program aims to provide: - effective and timely early intervention programs to reduce the incidence of suicide - promote help-seeking avenues for individuals, families and communities experiencing mental health and welfare issues in rural and remote areas of Tasmania		Free	GP, Allied Health or MH Provider	03 6254 1092	admin@rawtas.com.au
TAS		Red Cross - Companionship and social support	Community Visitor Scheme		Free		1800 733 276	Online form to register www.redcross.org.au/visitor
TAS		Lifeline: Community Visitor Scheme -Lifeline Tasmania From 1 July 2023 will become the Aged Care Volunteer Visitors Scheme (ACVVS)	Community Visitor Scheme		Free		03 6282 1515	allison.ryland@lifelinetasmania.org.au
TAS		Victims Support Services Tasmania	Victims of Crimes service provides trauma counselling, advice and support to victims of crime.		Free		1300 663 773 or 03 6165 7524	victims@justice.tas.gov.au

Affordable Mental Health Services (SA)

PHN	Location	Service	Description	Specialisation	Payment	Referral	Contact No	Email
SA		Clinical Suicide Prevention Services - Immediate Short Term Clinical Intervention	Delivered by mental health clinicians at Sonder, Links To Wellbeing & Psychmed; clinical suicide prevention services provide immediate short term clinical intervention for people at risk of suicide or self-harm. Access to a mental health clinician is provided within 24hrs with in person appointments within 72hrs (excl. weekends & pub. hols). The services focus on risk assessment, management, skills development & short solution focused therapy. Clients at acute & immediate risk of suicide, self-harm, or harm to others will be appropriately referred to relevant emergency or crisis services.		Free	GP, Allied Health or MH Provider	Sonder: 08 8209 0700 Links to Wellbeing: 08 8326 3591 Psychmed: 08 8232 2424	info@sonder.net.au
SA	North and centre-west areas of Adelaide; Links to Wellbeing the south centre-east.	General Psychological Therapies - For Most People in Need	Adelaide PHN commissions two main providers - Sonder and Links to Wellbeing - to deliver general psychological therapies to those who face barriers to accessing other primary mental health services (e.g. Better Access) in the Adelaide region. Aligned with a stepped care model of service delivery, these services are for people with mild, moderate, and chronic/complex levels of need. Sonder deliver these services in the north and centre-west areas of Adelaide; Links to Wellbeing the south centre-east.		Free	GP, Allied Health or MH Provider	Sonder: 08 8209 0700 Links to Wellbeing: 08 8326 3591	info@sonder.net.au
SA		Group CPT Therapy Support - For People Who Have Experienced Trauma	A 12 week Cognitive Processing Therapy (CPT) group supplemented by individual support, to treat the symptoms of trauma and Post Traumatic Stress Disorder (PTSD). This group program teaches group members a new way of handling the distressing thoughts and feelings brought up by trauma, is provided for free, and offered across the Adelaide region. Delivered by Psychmed, this service is part of a suite of specialised primary mental health services commissioned by Adelaide PHN.		Low cost and rebates available	GP, Allied Health or MH Provider	8232 2424 or 8326 6600	

SA	City, Northern & Southern Suburbs	Harm Minimisation Team - AOD Treatment Interventions for Aboriginal & Torres Strait Islander People	This program offers culturally appropriate treatment interventions to Aboriginal and Torres Strait Islander people aged 15 years and over with complex substance use issues. It also provides support for families and significant others who are impacted by a person's problematic AOD use. Services include information and education; brief interventions; assessment; family support; case management (including care coordination, relapse prevention); counselling; and peer support. This program is one of a suite of AOD treatment services commissioned by Adelaide PHN.	First Nations People	Free	GP, Allied Health or MH Provider	Wakefield Street Phone: 08 8406 1600 Brady Street Phone: 08 8254 5300	
SA	Adelaide Metro	Lived Experience Support Service (LETSS) - Peer Mental Health Support Line	LETSS is an after hours telephone service designed to provide non-clinical mental health information and support people with mental health challenges, as well as their carers, family and friends to navigate the mental health system in the Adelaide metropolitan region area. The service is delivered by experienced peer workers between the hours of 5:00pm to 11:30pm, 365 days a year and focuses on engagement and an empathetic consumer experience. Access the service via phone or web-chat via the program website.		Free	Check with service provider.	1800 013 755 Hrs: 365 days a year 5pm - 11:30pm	www.letts.org.au
SA	Adelaide Metro	Primary Mental Health Care Services in Residential Aged Care Facilities	These services provide free onsite low-intensity services and psychological therapies for people living in residential aged care facilities across metropolitan Adelaide. Services are available for residents 'at risk' of or experiencing mild to moderate mental illness; or with a diagnosed mental illness that is severe in nature and will benefit from short-term psychological therapies. Psychological therapies provided are evidence based, short-term, and delivered via an in-reach model as either individual or group sessions.	Aged care residents	Free		Relationships Australia: 1300 364 277 or 1800 182 325 (country callers) Links to Wellbeing: 08 8326 3591	enquiry@adelaidephn.com.au
SA	Adelaide Region	Specialised Mental Health Support - For Aboriginal People	Nunkuwarrin Yunti provides treatment across the severity spectrum (from mild through to more complex conditions). The ACT Centre is also funded by the PHN and provides a clinical therapy service for clients with more complex conditions. This service is embedded within the Aboriginal Community Connect service. A 'one-stop' service for those seeking help with drug/ alcohol and other problems.	First Nations People	Free	GP, Allied Health or MH Provider	Wakefield Street Phone: 08 8406 1600 Fax: 08 8359 2414 Brady Street Phone: 08 8254 5300 Fax: 08 8254 9182	

SA		Specialised Mental Health Support - for People from CALD Backgrounds	This program offers a team of dedicated and specialised bi-lingual and bi-cultural workers from diverse cultural backgrounds. This program is one of a suite of primary mental health care services commissioned by Adelaide PHN across the stepped care continuum.	CALD	Free		Community Access and Services SA Phone: 08 8447 8821	
SA		The Way Back Support Service	Delivered by AnglicareSA, The Way Back Support Service has been developed by Beyond Blue and is co-funded by the Commonwealth Government and SA Health through Adelaide PHN and the Office of the Chief Psychiatrist. The service has been designed to provide free, non-clinical care and practical support for up to three months for individuals following a suicide attempt or suicidal crisis that have presented to the Royal Adelaide Hospital (RAH) or the Queen Elizabeth Hospital (TQEH).		Free	GP, Allied Health or MH Provider	1300 077 798	
SA		Walk In After Hours Mental Health Services	Adelaide PHN commissions two Walk In After Hours Mental Health Services across the metropolitan region to provide assessment, support & referral services for adults (16yrs+) experiencing mental health challenges. The northern service operates from Sonder's Edinburgh North premises, the southern service from the Noarlunga GP Plus Super Clinic. Both services support a step up to the care available from after hours online or phone based services, provide an alternative to hospital presentation, & are staffed by mental health clinicians & peer support workers.		Free		Sonder: 08 8209 0700 Links to Wellbeing: 08 8326 3591 After Hours Phone (northern service) 8209 0711	
Country SA		24/7 Low intensity psychological service - Regional Access	Regional Access provides up to three short-term counselling sessions and priority referral to higher intensity psychological therapies as required for people who are worried, stressed and or affected by bushfire, drought and natural disasters.		Free		1300 032 186 Hrs: 24/7	
Country SA	Outback, Far West, Eyre & Flinders, Yorke & Northern regions	Low Intensity Mental Health Supports - Country & Outback Health	Low Intensity (Li) psychological interventions will appropriately support people with or at risk of mild mental illness at the local level, that people can access easily and directly, with or without needing a referral.		Free		Country & Outback Health 08 8643 5600	

Country SA	Riverland and Limestone Coast region	Low Intensity Mental Health Supports - FocusOne Health	Low Intensity (Li) psychological interventions will appropriately support people with or at risk of mild mental illness at the local level, that people can access easily and directly, with or without needing a referral.		Free		FocusOne Health 08 8582 3823	
Country SA	Eyre & Flinders, Far North, Yorke & Northern regions	Low Intensity Mental Health Supports - CentaCare Catholic Country SA	Low Intensity (Li) psychological interventions will appropriately support people with or at risk of mild mental illness at the local level, that people can access easily and directly, with or without needing a referral.		Free		CentaCare Catholic Country SA 08 8644 2020	
Country SA	Regional South Australia	Low Intensity Mental Health Supports - On the Line	Low Intensity (Li) psychological interventions will appropriately support people with or at risk of mild mental illness at the local level, that people can access easily and directly, with or without needing a referral.		Free		On the Line 1300 032 186	
Country SA	Kapunda	Low Intensity Mental Health Supports - Kapunda Medical Practice	Low Intensity (Li) psychological interventions will appropriately support people with or at risk of mild mental illness at the local level, that people can access easily and directly, with or without needing a referral.		Free		Kapunda Medical Practice 08 8566 2900	
Country SA	Yorke, Northern, Eyre, Flinders, Far West & Outback	Psychological Therapies Services - Country & Outback Health	Providing psychological therapies services for rural SA		Free		Country & Outback Health 08 8643 5600	
Country SA	Adelaide Hills, Fleurieu regions and Kangaroo Island	Psychological Therapies Services - Summit Health	Providing psychological therapies services for rural SA		Free		Summit Health 1300 472 273	
Country SA	Barossa and Gawler region, after hours in Gawler	Psychological Therapies Services - Sonder	Providing psychological therapies services for rural SA.		Free		Sonder 08 8209 0700	
Country SA	Riverland and Limestone Coast regions	Psychological Therapies Services - FocusOne Health	Providing psychological therapies services for rural SA.		Free		FocusOne Health 08 8582 3823	
Country SA	Murray Mallee	Psychological Therapies Services - Murray Mallee General Practice Network	Providing psychological therapies services for rural SA.		Free		08 8531 1303	

Country SA	Fleurieu region	Psychological Therapies Service in Residential Aged Care Facilities - Mind Australia	Providing psychological therapies services for rural SA.	Aged care residents	Free		1300 286 463	
Country SA	Barossa and Gawler region, after hours in Gawler	Psychological Therapies Service in Residential Aged Care Facilities - Sonder	Providing psychological therapies services for rural SA.	Aged care residents	Free		08 8209 0700	
Country SA	Adelaide Hills region	Psychological Therapies Service in Residential Aged Care Facilities - Community Options Australia	Providing psychological therapies services for rural SA.	Aged care residents	Free		1300 136 606	
Country SA	Lower South East	Psychological Therapies Service in Residential Aged Care Facilities - FocusOne Health	Providing psychological therapies services for rural SA.	Aged care residents	Free		08 8582 3823	
Country SA	Adelaide Hills region	Psychological Therapies Service in Residential Aged Care Facilities - Summit Health	Providing psychological therapies services for rural SA.	Aged care residents	Free		1300 472 273	
Country SA	Aṅangu Pitjantjatjara Yankunytjatjara Lands	Aboriginal Health - Nganampa Health Council	Providing Aboriginal Health Services for Aboriginal/Torres Strait Islander people in rural SA.	First Nations People	Free		08 8952 5300	
Country SA	Ceduna	Aboriginal Health - Yadu Health Service Aboriginal Corporation	Providing Aboriginal Health Services for Aboriginal/Torres Strait Islander people in rural SA.	First Nations People	Free		08 8626 2500 - Clinic	
Country SA	Cooper Pedy	Aboriginal Health - Umoona Tjutagku Health Service Aboriginal Corporation	Providing Aboriginal Health Services for Aboriginal/Torres Strait Islander people in rural SA.	First Nations People	Free		08 8672 5255	
Country SA	Mount Gambier	Aboriginal Health - Pangula Mannamurna Inc	Providing Aboriginal Health Services for Aboriginal/Torres Strait Islander people in rural SA.	First Nations People	Free		08 8724 7270	
Country SA	Murray Bridge	Aboriginal Health - Moorundi Aboriginal Community Controlled Health Service Inc.	Providing Aboriginal Health Services for Aboriginal/Torres Strait Islander people in rural SA.	First Nations People	Free		08 8531 0289	

Country SA	Oak Valley	Aboriginal Health - Oak Valley Health Service	Providing Aboriginal Health Services for Aboriginal/Torres Strait Islander people in rural SA.	First Nations People	Free		08 8670 4207	
Country SA	Port Augusta	Aboriginal Health - Pika Wiya Health Service Aboriginal Coporation	Providing Aboriginal Health Services for Aboriginal/Torres Strait Islander people in rural SA.	First Nations People	Free		08 8642 9904	
Country SA	Port Lincoln	Aboriginal Health - Port Lincoln Aboriginal Health Service Inc.	Providing Aboriginal Health Services for Aboriginal/Torres Strait Islander people in rural SA.	First Nations People	Free		08 8683 0162	
Country SA	Whyalla	Aboriginal Health - Nunyara Aboriginal Health Service Inc.	Providing Aboriginal Health Services for Aboriginal/Torres Strait Islander people in rural SA.	First Nations People	Free		08 8649 4366	
Country SA	Yalata	Aboriginal Health - Tullawon Health Service Inc.	Providing Aboriginal Health Services for Aboriginal/Torres Strait Islander people in rural SA.	First Nations People	Free		08 8625 6237	
Country SA	Riverland	Aboriginal Health - Aboriginal Sobriety Group Inc.	Providing Aboriginal Health Services for Aboriginal/Torres Strait Islander people in rural SA,	First Nations People	Free		08 8580 8700	
Country SA		Suicide Prevention Service - Mates in Constructions Offers National Crisis Line service.	Using training as a tool to raise awareness about suicide and its contributing risk factors in industry and how we can all be part of the solution. Support is then provided through clear pathways of help. Yorke Peninsula, Port Pirie, Port Augusta, Whyalla and Port Lincoln regions.		Free		08 8373 0122	saenquiries@mates.org.au
Country SA		Suicide Prevention Service - Lifeline Broken Hill Country to Coast	Lifeline's Connect Model is an integrated approach to suicide prevention aimed at helping people before they reach crisis point. The model combines counselling services, suicide prevention programs, and activities to increase connections in the community. Clare region		Free		08 8087 7525	admin@lbhc2c.org.au
SA		Directory: Older Persons Mental Health Services	13 Community Mental Health Teams across SA specifically supporting older people	First Nations People, Aged care residents	Free	GP, Allied Health or MH Provider	see site for specific area details	
Country SA		Directory: Country Older Persons Mental Health Services	Supporting people with serious and/or severe mental health conditions through the following services/programs: <ul style="list-style-type: none"> Rural and remote Mental Health Service, Glenside Health Service Campus Digital Telehealth Network Intensive community programs at Whyalla, Mt Gambier and Murray Bridge 	First Nations People, Aged care residents	Free	GP, Allied Health or MH Provider	08 8303 1110 plus Digital Telehealth Network Hrs: M-F 9am - 5pm	CountryHealthConnect@sa.gov.au

SA		Mental Health Triage Service	The main point of access to state funded mental health services. This service can provide advice and information in a mental health emergency or crisis situation, and is staffed by mental health clinicians who will assess and refer to acute response teams where appropriate.		Free		13 14 65 Hrs: 24 hours 7 days	
SA		Mental Health Enquiry Line	Provides information to referrers, community members and providers regarding local services. Access to a mental health clinician is provided within 24hrs, with in person appointments within 72hrs (excl. weekends & pub. hols)		Free		1800 898 213	
SA		Veterans Mental Health Services Specific to Veteran community and serving members	The Centre includes: - an ambulatory service incorporating outpatient treatment and a Post-Traumatic Stress Disorder (PTSD) service - 24 single rooms with ensuites - outpatient rooms - a gymnasium - research spaces - gardens - a children's playground for families.	Veterans	Free	GP, Allied Health or MH Provider	1300 043 175	

Affordable Mental Health Services (WA)

PHN	Location	Service	Description	Specialisation	Payment	Referral	Contact No	Email
Statewide		Mental Health Emergency Response Line	For anyone involved in a mental health emergency in the community – including individuals, families and carers, members of the general public or health professionals.		Free		1800 555 788 (Metro) 1800 676 822 (Peel) 1800 552 002 (Country/ Rural) Hrs: 24 hours / 7 days	
Goldfields	Kalgoorlie	Bega Garnbirringu Health Services	The service provides a holistic and culturally appropriate service to promote Social and Emotional Wellbeing for our Aboriginal and Torres Strait Islander people. With Registered Psychologist and counsellors. Telehealth available	First Nations People	Free	Self, GP, Allied Health or MH Provider or self	08 9022 5500 1800 037 037 Hrs: Monday to Friday 8:30am to 4:30pm	www.bega.org.au
Goldfields, Great Southern, South West, Wheatbelt	Albany	Centre Care - Connections Count, Mental Health in Residential Aged Care Facilities Goldfields Mental Health Programs	Connections Count is for people living in residential aged care facilities (Aged care residents) in the Goldfields region who have mild to moderate symptoms of common mental illness or distress. Goldfields Mental Health Programs - for people with mental illness, early signs of or at risk of developing mental illness and their carers.	Aged care residents	Free	GP, Allied Health or MH Provider	Kalgoorlie 08 9080 0333 08 9325 6644 Hrs: Monday - Friday 9am to 5pm	enquiries@centrecare.com.au
Statewide		Peer Pathways	Helpline for people with mental health challenges to find the supports needed to promote mental and physical wellbeing.		Free		08 9477 2809 Hrs: Monday - Friday 9am to 5pm	info@peerpathways.org.au
Goldfields	Blackstone, Cosmo, Jameson, Kiwirrkurra, Newberry, Patjarr, Tjirrkarli, Tjukurla, Wanarn, Warakurna, Warburton, Wingellina	Psychosocial Support Program - Ngaanyatjarra Health Service (Aboriginal Corporation)	Services include environmental health programs, health promotion, social and emotional wellbeing programs, and a range of healthy ageing and disability supports. Kungkarrangkalpa Aged Care Facility (KACF) in Wanarn	First Nations People	Free		08 8955 4700 Hrs: Monday, Tuesday, Thursday & Friday 9am to 12pm & 2pm to 4.30pm Wednesday 9am to 12pm	info@nghealth.org.au
Great Southern	Mount Barker, Gnowangerup, Tambellup, Moora, Narrogin and Merredin.	Aboriginal and Torres Strait Islander Mental Health Well Being & Resilience Program - Amity Health	Provides mental health services. To support psychological health of Aboriginal communities through group and individual support programs.	First Nations People	Free		08 9842 2797 Monday to Friday 8.30am to 5pm	query@amityhealth.com.au

Midwest, North Metro, South Metro, Goldfields	Geraldton (including Carnarvon, Kalbarri and Northampton) and Kalgoorlie	Country Health Services - 360 Health + Community	Support for individuals with mild to moderate mental health concerns, including low intensity evidence-based interventions and psychological therapies via face-to-face and telehealth sessions		Free - check eligibility requirements		Geraldton 08 9960 6800 Kalgoorlie 08 9080 0400 Monday to Friday 8.30am to 4.30pm	mail.admin@360.org.au
Perth North, Perth South	South and North-East of the Perth Metropolitan Area.	Moorditj Djerpin Wirrin (Formerly Aboriginal Outreach Service - AOS)- Richmond Wellbeing	Designed to support Aboriginal and Torres Strait Islander people and their families who are affected by mental health, alcohol and other drug issues.	First Nations People	Free	GP, Allied Health, MH Provider or self	1800 742 466 Hrs: Monday to Friday 8am to 5pm	intake@rw.org.au
Perth North	Northbridge, Joondalup	Counselling - alcohol, other drugs and Mental Health Womens Health and Family Services	Counselling short term, available for women and their families for alcohol and other drug use and mental health issues. Also offer Aboriginal Womens Services, Multicultural Womens Support and Be Well mental health program, a supportive program for women with mental health concerns that focuses on whole wellbeing. This program is based around recognising and building strengths and developing resilience, knowledge and skills to enhance one's own recovery.	Women and families	Counselling \$20 donation	GP, Allied Health or MH Provider and self	1800 998 399 08 6330 5400	info@whfs.org.au
Perth North	Albany, Armadale, Balgo, Broome, Bunbury, Busselton, Collie, Derby, East Perth, Halls Creek, Gosnells, Greenfields, Joondalup, Kalgoorlie, Karratha, Katanning, Kimberley, Kununurra, Mandurah, Manjimup, Midland, Mt Barker, Rockingham	Anglicare WA - Suicide Postvention ARBOR (Active Response Bereavement Outreach) and StandBy Support After Suicide	A proactive postvention support service providing short to medium term bereavement counselling and practical support to adults (18 years and over) bereaved by suicide.		Free	GP, Allied Health or MH Provider and self	ARBOR 1300 114 446 StandBy 1300 727 247 Hrs: Monday to Friday 8:30am to 4:30pm	info@anglicarewa.org.au
Perth North	Leederville Mirrabooka (and surrounds) Langford	Culturally Diverse Psychological Service - Life Without Borders WA	Receive up to 10 free and confidential culturally appropriate and evidence based psychological counselling sessions. Interpreters are available to assist during the sessions.	CALD	Yes, up to 10 free sessions. Check eligibility.	GP, Allied Health or MH Provider	0418 724 549 Mental Health 1800 935 483 Hrs: Monday to Friday 8:30am to 5pm	cdps@lwb.org.au

Perth North	Midland Mt Lawley	Older Adult Mental Health - St John of God	Bring together therapy programs to provide the tools needed to manage mental health issues such as depression, grief, social isolation and dementia.		Free	Referrals are accepted but not necessary to access the service.	1800 595 212 Hrs: Every day of the year 10am to 8pm Midland 08 9462 4000 Mt Lawley 08 9370 9222	info.midland@sjog.org.au info.mtlawley@sjog.org.au
Perth North, South Perth	Osborne Park, Midland, Fremantle, Cockburn, Joondalup, Rockingham	Black Swan Health: Psychosocial Supports Program Men of Hope Social network Psychology services	Provides friendly, professional, and evidence-based psychological services for people experiencing mild to moderate mental health concerns across the Perth metropolitan area. Telehealth available Psychosocial Supports Program (formerly Partner in Recovery – PIR) assists people with severe, persistent mental illness with unmet needs, as well as their carers and families. Also offer psychology services and Men of Hope Social network		Those referred by a GP, psychiatrist or paediatrician are eligible for a Medicare rebate. With the Medicare rebate, you can access up to 10 subsidised sessions. Self referral psychology appt \$170 to \$220 NDIS application assistance	GP, Allied Health or MH Provider or self	1300 820 398 08 9201 0044	info@blackswanhealth.com.au
Perth North	Mirrabooka, Midland, Maddington, East Perth	Wiern Mooditj Project - Derbarl Yerrigan Health Service Aboriginal Corporation	Provides culturally safe mental health services to Aboriginal clients. A Mental Health Nurse and Counsellor provide targeted in person psychological interventions and group sessions during business hours. Telehealth also available	First Nations People	Free	GP, Allied Health or MH Provider	1300 420 272 Hrs: Monday - Friday 9am to 5pm	www.dyhs.org.au/
South Perth	Perth - Clarkson, Joondalup, Warwick, North Perth, Rockingham, Midland, Mandurah	360 Health + Community: ALIVE Program: Suicide Prevention	ALIVE is free to individuals at moderate to high risk of suicide or self-harm, who do not require an immediate referral to an emergency service and are not engaged in long-term case management.		Free	GP, Allied Health or MH Provider, Self and family members	08 6595 8980 1300 706 922	info@360.org.au
South Perth	Perth - Clarkson, Joondalup, Warwick, North Perth, Rockingham, Midland, Mandurah	360 Health + Community: Street Doctor	360 Street Doctor is a mobile GP clinic aiming to improve the health & wellbeing of homeless, transient & disadvantaged people.		Bulk billed - medicare card		08 9376 9200	streetdoctor@360.org.au

South Perth	Langford	Langford Aboriginal Association Inc	The Moorditj Moort Outreach Team will work in partnership with other service providers to ensure Aboriginal community members with Mental Health and Alcohol and Other Drugs (AOD) concerns receive the best possible support for recovery and wellness. Provide advocacy, transportation (to and from appointments) and appropriate client referrals. Offer other programs such as Mens Shed and Moorditj Yoka Womens Group.	First Nations People	Free		08) 9451 1424 Hrs: Monday to Thursday 9am to 5pm	admin@laalangford.org.au
South Perth	Langford	CALD Mental Health Outreach Service William Langford Community House	CALD Mental Health Outreach service delivers culturally safe assertive outreach services to vulnerable and disadvantaged people of CALD backgrounds, providing an integrated, evidence-based response to co-occurring substance use and mental health problems.	CALD	Free		08 9350 6236 Hrs: Monday to Friday 9am to 12.30pm, 1.30pm to 5pm	frontdesk@wlch.net.au
South Perth	Fremantle, Mirrabooka, Rockingham, Cockburn, North Lake Sr Campus, Kwinana, Langford, Success	CALD Mental Health Outreach Service - Multicultural Futures	Person centred, provide support to people from CaLD backgrounds through their journey to recovery and increase their ability to participate in social and recreational activities and to live with an optimal level of independence in the community. including families and carers through provision of advocacy, information, referral, prevention and early intervention and other support services.	CALD, Migrant or Refugees	Free	Self or agency	13 14 50 08 9336 8282	hello@multiculturalfutures.org.au
South Perth	Rockingham	Better Access initiative at South Coastal Health and Community Services	Better Access initiative is to improve treatment and management of mental illness within the community. Medicare benefits are available to eligible patients for selected mental health services. Small gap payment may be applicable and Medicare rebates are limited to a number of services per year.		Free + gap payment	GP - MHTP	08 9550 0900 Hrs: Monday to Friday 8:30am to 4:30pm	admin@southcoastal.org.au
South Perth	Rockingham	South Coastal Health And Community Services - Aboriginal People - Babbingur Mia	Provides outreach mental health services to Aboriginal and Torres Strait Islander families. Aboriginal Mental Health Support Workers .	First Nations People	Free	GP	08 9550 0900 Hrs: Monday to Friday 8:30am to 4:30pm	admin@southcoastal.org.au
South Perth, Pilbara, South West	Mandurah, Pinjarra and Waroona and in various settings	GP Down South - Mental Health Outreach Service	The team provides counselling and care coordination to individuals with mental health and/or substance use problems who are not engaged with any services. Meet eligibility criteria to access services.		Free - check eligibility	GP	08 9583 5435 Multiple Locations: www.gpdownsouth.com.au/contact.html	sw.office@gpdownsouth.com.au

South Perth, Pilbara	Newman, Jigalong, Parngurr, Punmu, Kunawarritji	Puntuturnu Aboriginal Medical Service – Social Emotional Wellbeing Program (SEWB)	Provides confidential and culturally responsible service for Aboriginal and Torres Strait Islander people who may be facing challenges impacting social and emotional wellbeing. Covering the remote Jigalong, Parngurr, Kunawarritji and Punmu communities, the program works to provide early intervention and mental health support through connection to country and culture.	First Nations People	Free		08 9177 8307 08 9111 1777 Hrs: Monday, Wednesday, Thursday and Friday 9am to 1pm and 2pm to 5pm. Tuesday 9am to 1pm	newman.clinic@puntuturnu.com
Pilbara	Newman, Tom Price & Karratha	Integrated Primary Mental Health Care - Mission Australia Employment Solutions	Support for individuals with mild to moderate mental health concerns, including low intensity evidence-based interventions and psychological therapies via face-to-face and telehealth sessions. Meet eligibility criteria		Free	GP, Allied Health or MH Provider or self	08 9182 3626 1800 005 579 Hrs: 8.30am to 4.30pm	IMHSPilbara@missionaustralia.com.au
Wheatbelt	Northam, Narrogin, Merredin, Midland, Victoria Park	After Care Coordinator (Suicide Prevention) – Holyoake	Offer a range of suicide prevention services in a safe, caring and non-judgemental environment. In person, phone or video counselling in Victoria Park, Midland and the Wheatbelt.		Free		08 9416 4444	clientservices@holyoake.org.au
Wheatbelt	Katanning, Kojonup, Lake Grace, Tambellup, Gnowangerup, Northam, Merredin, Mt Barker, Jerramungup, Bindoon, Gingin, Denmark, Walpole, Albany, Great Southern, Bremer Bay, Lancelin, Ravensthorpe, Southern Cross, Moora, Hopetoun, Jurien Bay, Norseman, Esperance	Connections Count - Mental Health in Residential Aged Care Facilities - Amity Health	Offer various programs with funding from Country WA PHN. Integrated Primary Mental Health Care (IPMHC), visiting mental health counselling service to the several rural communities, Aboriginal and Torres Strait Islander Mental Health Wellbeing and resiliency, Integrated Primary Mental Health Care program “Connections Count” for Aged care residents. A mental health service for those living with mild to moderate mental issues at various Residential Aged Care Facilities (Aged care residents) throughout the Great Southern and Wheatbelt regions through our mental health clinicians.	Aged care residents, First Nations People, low income/ socially disadvantaged	Free	GP, Allied Health or MH Provider	08 9842 2797 Hrs: Monday to Friday 8.30am to 5pm	query@amityhealth.com.au
Wheatbelt		Commonwealth Psychosocial Support program (CPS) - Kaata-Koorliny Employment and Enterprise Development Aboriginal Corporation (KEEDAC)	Time-limited and capacity building psychosocial supports to eligible clients for whom clinical care is not enough to help build capacity for daily living and who would benefit from specialised psychosocial support at particular points in time.	First Nations People	Free		08 9881 6666 0491 842 491	reception@keedac.org.au

Statewide		Here For You	Here For You is a statewide confidential, non-judgemental, telephone service for anyone in Western Australia concerned about their own or another person's mental health issues and/or alcohol and other drug use. one-to-one with a qualified counsellor or professional peer practitioner based in Western Australia. Peer practitioners have a lived experience of alcohol and other drug use and/or mental health issues and recovery, and are trained to use their experiences to support individuals living with similar issues.		Free		1800here4U 1800 437 348 Hrs: Everyday 7am to 10pm	hereforyou@mhc.wa.gov.au
Statewide		Association for Services to Torture and Trauma Survivors	ASeTTS provides specialised counselling services to all ages from refugees background and asylum seeker. Fear or actual persecution, torture and trauma experiences, trauma related psychosocial symptoms <ul style="list-style-type: none"> • Individual Trauma counselling • Family and relationship counselling 	CALD, Refugees, Asylum seekers	Free		08 9277 2700 Hrs: Monday to Friday 9am to 5pm	referral@asetts.org.au
WA - Perth Metro		Vinnies Mental Health Service - supported accommodation (St Vincent de Paul Society)	Provides a recovery focused low care supported accommodation service for adults with a persistent and enduring mental health diagnosis who may otherwise be at risk of homelessness. Have accommodation for singles and then transition into shared and/or group community housing. Need to receive regular support in the community. People are supported within the housing with daily life skills, taking to appointments and pick up medications etc.		Cost dependant on % of pension or other earning. Covers accommodation, utilities, wifi and food.	GP, Allied Health or MH Provider	08 9374 3200	reception.vmh@sudpwa.org.au
Statewide		Alcohol and Drug Support Line	Confidential telephone counselling, information and referral. A free call back service to socially and geographically isolated clients		Free		08 9442 5000 (Metro) or 1800 198 024 (Country) Hrs: 24 hrs	alcoholdrugsupport@mhc.wa.gov.au
Statewide		MyServices	My Services is a directory of mental health, alcohol and other drug services. The Mental Health Commission has developed the My Services online directory to help make it easier for consumers, carers and families to navigate the system and find mental health and alcohol and other drug support services.		Free			www.myservices.org.au

WA		Ishar Multicultural Women's Health Services - WA	Provides a range of holistic services to women from all walks of life and cultural backgrounds. 40+ Women's Lifestyle Program Weekly activities, information sessions, and support for 40+ women of all backgrounds. Refreshments and interpreters provided.		Free		08 9345 5335 Multicultural - Free	info@ishar.org.au
WA - Perth		Centre for Clinical Interventions (CCI) - WA	Provides specialised, evidence-based treatment for anxiety, depression, bipolar disorder, and eating disorders.		Free		08 9227 4399	info.cci@health.wa.gov.au
WA		Advocare - WA	Older Persons Advocacy		Free		1800 655 566	rights@advocare.org.au
WA		Australia Red Cross - Companionship and social support - WA	Community Visitor Scheme		Free		1800 733 276	www.redcross.org.au/visitor/
WA		Melville Cares: Social groups and hubs	Run several community friendship groups to provide opportunities to learn, get involved and meet people, and to avoid becoming socially isolated.		Free		08 9319 0900	daycentre@melvillecares.org.au
WA		Umbrella Multicultural Community Care	Community Visitor Scheme		Free		08 9275 4411	enquiries@umbrellacommunitycare.com.au
WA		Victims of Crime Western Australia	Many organisations that provide services free of charge to people who have been personally affected by crime. Information and services can be provided either in person, on the phone or online.		Free		1800 818 988	cvoc@justice.wa.gov.au
WA		Melville Cres: Aged Care Volunteers Visitors Scheme (ACVVS)	Community Visitor scheme		Free		08 9319 0900	info@melvillecares.org.au

Affordable Mental Health Services (VIC)

PHN	Location	Service	Description	Specialisation	Payment	Referral	Contact No	Email
Eastern & North Eastern Melbourne	Whitehorse, Maroondah, Manningham, Monash (part of), Yarra Ranges and Knox	Healthy Ageing Service Response (HASR) - Delivered by Eastern Health	<p>HASR is a new service to support healthy ageing for older persons in north-eastern and eastern. The service is free of charge, funded by Eastern Melbourne Primary Health Network (EMPHN) and delivered by Eastern Health in partnership with St Vincent's Hospital Melbourne.</p> <p>HASR is for individuals aged 65 years and older (55 years or older for Aboriginal or Torres Strait Islanders) living in the community or in a Aged care residents with, or at risk of, mild to moderate mental health issues who may not otherwise qualify for public mental health services.</p>	Aged care residents	Free		1300 721 927 (Option 4) Hrs: M-F 9am-5pm	HASR@easternhealth.org.au
Eastern & North Eastern Melbourne,	All or parts of Banyule, Boroondara, Knox, Manningham, Mitchell, Monash, Murrumbidgee, Nillumbik, Whitehorse, Whittlesea, Yarra Ranges	Psychosocial Support Services in Your Community - Delivered by Neami National	New psychosocial support services are now available across Melbourne and surrounding regions, for people with severe mental illness who are not receiving support from the National Disability Insurance Scheme (NDIS).		Free		1300 168 911 Hrs: M-F 9am-5pm	EastMelbournePSS@neaminational.org.au

Eastern Melbourne	Banyule, Nillumbik, Whittlesea, Murrindindi (part of), Mitchell (part of), and Boroondara	Healthy Ageing Service Response (HASR) - Delivered by St Vincent's APATT	<p>HASR is a new service to support healthy ageing for older persons in north-eastern and eastern. The service is free of charge, funded by Eastern Melbourne Primary Health Network (EMPHN) and delivered by Eastern Health in partnership with St Vincent's Hospital Melbourne.</p> <p>HASR is for individuals aged 65 years and older (55 years or older for Aboriginal or Torres Strait Islanders) living in the community or in a Aged care residents with, or at risk of, mild to moderate mental health issues who may not otherwise qualify for public mental health services.</p>	Aged care residents	Free		03 9231 8443 Hrs: M-F 9am-5pm	HASR@easternhealth.org.au
Eastern Melbourne PHN	Banyule, Boroondara, Knox, Manningham, Maroondah, Mitchell, Monash, Murrindindi, Nillumbik, Whitehorse, Whittlesea, Yarra Ranges	Directory: Support Connect	Navigation service helping people find mental health, alcohol and other drugs and suicide prevention services in eastern and north-eastern Melbourne.		Free		03 9800 1071 Hrs: M-F 9am-5pm	supportconnect@emphn.org.au
Eastern Melbourne PHN		Life Connect - delivered by Neami National	<p>At LifeConnect, our mission is to act with compassion in support of those who have been impacted by suicide and to build capacity and understanding for all to play their part in preventing it.</p> <p>We aim to connect people to a sense of purpose and meaning, and collaborate with communities in strengthening our shared response to suicide.</p>		Free		1300 052 590 Hrs: M-F 9am-5pm:30	lifecconnect@neaminational.org.au

Eastern Melbourne PHN		Healthability	<p>Healthability's After Hours Mental Health Nurse support service provides an opportunity to meet with someone face to face, or to talk with someone over the phone or online, to help get on top of things early.</p> <p>Offers a range of mental health and support services. Help to know what steps to take next. Recommendations for ongoing support services.</p> <p>Checking in on how things are going down the track.</p>		Free	Self-referral	<p>9430 9100</p> <p>Hrs: M-F 6pm-11pm Sat/ Sun 2pm-7pm</p>	
Eastern Melbourne PHN	Cambewell	Camcare	<p>Camcare is a not-for-profit, community based organisation. They assist people from Boroondara and neighbouring areas who are facing personal hardship or difficult life circumstances.</p> <p>Camcare's free counselling services provide individuals and groups with a therapeutic space where they can negotiate family conflict, address their experiences of grief and loss, and learn about themselves and their impact on others.</p> <p>Led by qualified professionals, their free counselling can help you deal effectively with life's transitions and the challenges that come with them, including developing chronic ill health, acquiring a disability, or the addition of a baby to your family.</p>		Free		<p>03 9361 1900</p> <p>Hrs: M-F 9am-4:30pm</p>	camcare@camcare.org.au

Eastern Melbourne PHN	Broadmeadows	DPV Health	<p>DPV Health is an inclusive organisation that celebrates the diversity of all people, and is dedicated to working with the Aboriginal and Torres Strait Islander community, LGBTIQ community, those with a disability and newly arrived communities.</p> <p>DPV staff deliver a wide variety of clinical, support and community services that focus on integrated health promotion, treatment and prevention of illness and injury. These include medical, children and adult NDIS and disability services, Elder and senior services, and dental services.</p>	First Nations People, LGBTQI, CALD, Disabled Persons, Migrants	Free		<p>1300 234 263</p> <p>Hrs: M-F 8am-6pm Sat 9am-2pm</p>	
Eastern Melbourne PHN	Box Hill	EACH	EACH is a community health organisation that provides a range of health, disability, counselling, mental health, and alcohol and other drug services across Australia, for adults, young people, and their families.		Free		<p>1300 003 224</p> <p>Hrs: M-F 9am-5pm</p>	
Eastern Melbourne PHN	Belgrave	Inspiro Community Health Service	Inspiro is a local, not-for-profit community health service that provides mental health and other allied health services to the Yarra Ranges community.		Free		<p>03 9028 0153</p> <p>Hrs: M-F 8:45am-4:45pm</p>	hello@inspiro.org.au
Eastern Melbourne PHN	Monash	WaveCare	Wavecare has been providing support to people in the City of Monash for over 40 years, helping those in need of assistance due to illness, grief & loss, abuse, anxiety, depression, trauma, homelessness, crisis, misfortune, disability, relationship issues and isolation.		Approx. \$50 out of pocket.		<p>03 9560 6722</p> <p>Hrs: Mon 9am-8pm Tues 10am-6pm Wed 9am-5pm Thurs 9am-9pm</p>	
Eastern or North Eastern Melbourne	Boronia	Neami National	<p>The Psychosocial Support Service is for people with severe mental health issues who will not be supported by the National Disability Insurance Scheme (NDIS).</p> <p>Using an evidence-informed, recovery focused approach, we support you at the times when you most need it. The length of support can range from 8 weeks to a maximum of 12 months</p>		Free		<p>1300 168 911</p> <p>Hrs: M-F 8:30am-5pm</p>	EastMelbournePSS@neaminational.org.au

Eastern or North Eastern Melbourne	Gippsland and Eastern Melbourne	Psychosocial Support Service	The Psychosocial Support Service (PSS) assists individuals with severe mental health issues who are not supported by the NDIS. Psychosocial support can assist people to participate in their community, manage daily tasks, secure stable employment or housing and connect with family and friends. They may include one-to-one or group support		Free		03 8486 4292 Hrs: M-F 9am-5pm	PSSintake@wellways.org
Gippsland	Gippsland	Gippsland Mental Health - Support Directory	Directory of all mental health information, resources and support services for the Gippsland community.		Free		03 5175 5444	
Gippsland PHN	Gippsland area	Wellways - Mental Health in Aged Care	53 Residential Aged Care Facilities across Gippsland have the opportunity to engage with in-reach mild to moderate mental health support for their residents through the Gippsland PHN Mental Health in Aged Care program. It has been identified that residents both transitioning into residential aged care, and those currently living in residential aged care facilities have high rates of common mental illness with mild to moderate depression. The aim of the program is to provide an emotional wellbeing model for low intensity psychological in-reach services.	Aged care residents	Free		03 5622 4140 Hrs: M-F 9am-5pm	MHIACGippsland@wellways.org
Gippsland PHN	Gippsland area	Jesuit Social Services - Support after Suicide	Gippsland PHN funds Jesuit Social Services to provide support to those bereaved by suicide, providing resources and services for individuals and professionals.		Free		1800 943 415 Hrs: M-F 9am-5pm	
Gippsland PHN	Leongatha	Uniting Care	Alcohol and other drugs family reunification services Mental health counselling Family violence counselling Emergency relief Foster care		Free		03 5562 5150 Hrs: M-F 9am-5pm	

Inner East & Outer East of Melbourne	Cities of Boroondara, Knox, Manningham, Maroondah, Monash, Whitehorse and Yarra Ranges.	Stepped Care mental health services - Steps Mental Health	Steps Mental Health offers a range of mental health services, including: therapeutic counselling, peer support, mental health nursing, child and adolescent mental health services, and care coordination.		Free		1800 378 377 or 9810 3070 Hrs: M-F 9am-5pm	
Murray PHN	Albury, Wodonga, Indigo, Towong, Alpine, Wangaratta, Benalla, Mansfield, Moira, Greater Shepparton, Strathbogie, Mitchell, Murrindindi, Buloke, Gannawarra, Swan Hill, Mildura, Robinsvale	Wellways - Psychosocial Recovery Services	Psychosocial Recovery services support people with: <ul style="list-style-type: none"> • developing social skills and friendships • building family relationships • managing money • finding and looking after a home • developing work goals • improving educational skills • staying physically well, including with exercise • support with drug, alcohol and smoking issues • building broader life skills including confidence and resilience. 		Free		03 58228610 Hrs: M-F 9am-5pm	prsmurray@wellways.org
Murray PHN	Campaspe, Greater Bendigo, Loddon, Mount Alexander, Macedon Ranges	Stride Mental Health - Psychosocial Recovery Services	Psychosocial Recovery services support people with: <ul style="list-style-type: none"> • developing social skills and friendships • building family relationships • managing money • finding and looking after a home • developing work goals • improving educational skills • staying physically well, including with exercise • support with drug, alcohol and smoking issues • building broader life skills including confidence and resilience. 		Free		0428 727 136 Hrs: M-F 9am-5pm	prs@stride.com.au
Murray PHN	Robinsvale	Mental Health Drop-in Clinic	Free, confidential, psychosocial support service offered to anyone in the local community. Drop-in centre, no appointment, free.		Free		03 5051 8160	

North Western Melbourne	All or parts of Melbourne, Yarra, Moreland, Moonee Valley, Darebin, Hume, Macedon Ranges	Psychosocial Support Services in Your Community - Delivered by Neami National and CoHealth	New psychosocial support services are now available across Melbourne and surrounding regions, for people with severe mental illness who are not receiving support from the National Disability Insurance Scheme (NDIS).		Free		1300 052 588 Hrs: M-F 9am-5pm:30	NorthernMelbournePSS@neaminational.org.au
North Western Melbourne	All or part of Wyndham, Melton, Brimbank, Hobson's Bay, Maribyrnong, Moorabool	Psychosocial Support Services in Your Community - Delivered by CoHealth	New psychosocial support services are now available across Melbourne and surrounding regions, for people with severe mental illness who are not receiving support from the National Disability Insurance Scheme (NDIS).		Free		03 9448 6880 Hrs: M-F 9am-5pm	mh@cohealth.org.au
Outer East of Melbourne	Outer East of Melbourne	Oonah Stepped Care	Supports include: - Mental health nursing - Psychological Therapy - Peer Supports - Cultural well-being groups - Referrals	First Nations People, CALD	Free		1800 378 377 or 9810 3070 Hrs: M-F 9am-5pm	SteppedCareWorker@oonah.org.au
South Eastern Melbourne	All or parts of Port Phillip, Glen Eira, Stonnington, Bayside, Casey, Cardinia, Dandenong, Kingston, Frankston-Mornington Peninsula	Psychosocial Support Services in Your Community - Delivered by Ermha in partnership with Launch Housing	New psychosocial support services are now available across Melbourne and surrounding regions, for people with severe mental illness who are not receiving support from the National Disability Insurance Scheme (NDIS).		Free		1800 862 363 Hrs: M-F 9am-5pm	pss@semphn.org.au
South Eastern Melbourne PHN	Greater Dandenong Region	Family Life - Connect	Connect is a peer-led mental health service designed to support people experiencing significant stress, anxiety, grief, sadness and related emotions. Peer mentors support people to develop the skills, confidence and knowledge to improve their wellbeing and community connections.		Free		0451 632 771 Hrs: M-F 9am-5pm	connect@familylife.com.au
South Eastern Melbourne PHN	Caulfield	Caulfield Hospital - Aged Community Mental Health Service	We provide mental health services, including outreach assessment, treatment and support to older adults, mostly over the age of 65 years living in the Inner South of Melbourne.		Free		1300 363 746 Hrs: M-F 8:30am-5pm	

South Eastern Melbourne PHN	South Eastern Melbourne suburbs	ermha365 - Commonwealth Psychosocial Support	Ermha365 provides mental health support services to people living with a mental illness in the south eastern region of Melbourne. We assist people with practical help and strategies for daily living: at home, work or study, and in the community. These supports are intended to address the needs of those not currently eligible for the NDIS.		Free		1300 376 421 Hrs: M-F 9am-5pm	enquiry@ermha.org
South Eastern Melbourne PHN	Bayside	Accessible Psychological Interventions - Connect Health	Accessible Psychological Interventions (API) services include a range of short-term psychological interventions for people with mild depression or anxiety. These services are available in individual (face-to-face, telephone or secure video consultation), family and group formats and are matched to people's needs.		Free		1800 862 363 Hrs: M-F 8:30am-4:30pm	
South Eastern Melbourne PHN	Cardinia, Kingston	Accessible Psychological Interventions - Better Place Australia	Accessible Psychological Interventions (API) services include a range of short-term psychological interventions for people with mild depression or anxiety. These services are available in individual (face-to-face, telephone or secure video consultation), family and group formats and are matched to people's needs.		Free		1800 639 523 Hrs: M-F 9am-5pm	
South Eastern Melbourne PHN	Mornington Peninsula	Accessible Psychological Interventions - Mentis Assist	Accessible Psychological Interventions (API) services include a range of short-term psychological interventions for people with mild depression or anxiety. These services are available in individual (face-to-face, telephone or secure video consultation), family and group formats and are matched to people's needs.		Free		1300 636 847 Hrs: M-F 8:30am-5pm	info@mentiassist.org.au
South Eastern Melbourne PHN	Casey, Greater Dandenong	Accessible Psychological Interventions - EACH	Accessible Psychological Interventions (API) services include a range of short-term psychological interventions for people with mild depression or anxiety. These services are available in individual (face-to-face, telephone or secure video consultation), family and group formats and are matched to people's needs.		Free		1800 862 363 Hrs: M-F 9am-5pm	

South Eastern Melbourne PHN	Frankston, Glen Era	Accessible Psychological Interventions - Relationship Matters	Accessible Psychological Interventions (API) services include a range of short-term psychological interventions for people with mild depression or anxiety. These services are available in individual (face-to-face, telephone or secure video consultation), family and group formats and are matched to people's needs.		Free		1800 862 363 Hrs: M-F 9am-5pm	contact@relationshipmatters.com.au
South Eastern Melbourne PHN	Port Phillip, Stonnington	Accessible Psychological Interventions - StarHealth	Accessible Psychological Interventions (API) services include a range of short-term psychological interventions for people with mild depression or anxiety. These services are available in individual (face-to-face, telephone or secure video consultation), family and group formats and are matched to people's needs.		Free		1800 862 363 Hrs: M-F 9am-5pm	
South Eastern Melbourne PHN	Port Phillip	Mental Health Integrated Complex Care - First Step	Mental Health Integrated Complex Care (MHICC) services offer support for consumers with severe mental illness and complex needs who require coordination of their care over an extended period of time (6-12 months). MHICC services are highly flexible to match people's individual needs.		Free		1800 862 363 Hrs: M-F 9am-5pm	
South Eastern Melbourne PHN	Cardinia, Casey, Frankston, Mornington Peninsula	Mental Health Integrated Complex Care - Mentis Assist	Mental Health Integrated Complex Care (MHICC) services offer support for consumers with severe mental illness and complex needs who require coordination of their care over an extended period of time (6-12 months). MHICC services are highly flexible to match people's individual needs.		Free		1300 636 847 Hrs: M-F 8:30am-5pm	info@mentisassist.org.au
South Eastern Melbourne PHN	Greater Dandenong Region	Mental Health Integrated Complex Care - Mind Australia	Mental Health Integrated Complex Care (MHICC) services offer support for consumers with severe mental illness and complex needs who require coordination of their care over an extended period of time (6-12 months). MHICC services are highly flexible to match people's individual needs.		Free		1800 862 363 Hrs: M-F 9am-5pm	mindconnect@mindaustralia.org.au

South Eastern Melbourne PHN	Bayside, Glen Eira, Kingston, Stonnington	Mental Health Integrated Complex Care - Star Health	Mental Health Integrated Complex Care (MHICC) services offer support for consumers with severe mental illness and complex needs who require coordination of their care over an extended period of time (6-12 months). MHICC services are highly flexible to match people's individual needs.		Free		1800 862 363 Hrs: M-F 9am-5pm	
VIC	Murray, Western VIC, North West and South East Melbourne, Eastern Melbourne and Gippsland	StandBy – Support After Suicide	Support for anyone who has been impacted by suicide at any stage in their life, including individuals, families and friends, witnesses, schools, workplaces and community groups, first responders and service providers		Free		1300 727 247 Hrs: 6am-10pm	
VIC	Statewide	Australia Red Cross - Companionship and social support	The Community Visitors Scheme is a free service where a Red Cross volunteer visits you regularly to spend time together. You can: - have a cup of tea - have a chat and a laugh - read together - watch sport - play cards - listen to music - or do another similar activity that you both enjoy.		Free		1800 733 276 Hrs: M-F 9am-5pm	
VIC	East Melbourne, South Melbourne	Community Visitor Scheme - Southern Migrant and Refugee Centre	Each individual is matched with an SMRC volunteer, with consideration given for language, culture, ethnicity, interests and experience. The Program is free and is provided weekly or fortnightly via face-to-face visits in the home, phone/video calling, delivery of greeting cards, email or digital communication.	CALD, Refugee	Free		03 9767 1900 0421 330 230 Hrs: M-F 9am-5pm	Email: cvs@smrc.org.au godettem@smrc.org.au
VIC	Statewide	Victims of Crime Victoria	Offering free information and support for people affected by crime		Free		1800 819 817 Text 0427 767 891 Hrs: 8am-11pm every day	vsa@justice.vic.gov.au

VIC	Centerbury, Victoria	The Compassionate Friends Victoria (TCFV)	Supporting grieving parents, siblings and grandparents in the event of the death of a child – of any age or from any cause.		Free	Online form from website.	03 9888 4034 (office/admin) or 1300 064 068 (24h grief support line) Hrs: Office/admin:M-F 9am-5pm 24h grief hotline	support@compassionatefriendsvictoria.org.au
VIC	Swinburne University (Hawthorn)	Swinburne University Psychology Clinic	A range of low-cost psychological services, counselling and therapy, group therapy and psychological assessments		Low cost (\$20-\$80 based on income)		03 9214 8653 Hrs: Therapy: Mon-Thurs 9am-8pm and Fri 9am-5pm Admin: M-F 9am-5pm	psychclinic@swinburne.edu.au
Vic	Statewide	Yarning SafenStrong	Free and confidential counselling service for Aboriginal and Torres Strait Islander Peoples	First Nations People	Free		1800 95 95 63	ysns@vahs.org.au
VIC	Statewide	Rainbow Door	Phone or message our peer support workers for support, advice, information and referral. You can also contact us after hours and leave a message or send a text and will be returned during operating hours. A suicide prevention hub made by LGBTIQ+ people who have thought about suicide, lived through suicide attempts, supported others in distress and live with the pain of loss through suicide.	LGBTQI	Free		Ph: 1800 729 367 Txt: 0480 017 246 Hrs: Every day 10am - 5pm	support@rainbowdoor.org.au
VIC	Statewide	Elder Rights Advocacy	Older Persons Advocacy		Free		1800 700 600 03 9602 3066 Hrs: M-F 9am-5pm	era@era.asn.au
VIC	Metro	Community Visitors Scheme (CVS) - Southern Migrant and Refugee Centre	Supports vulnerable and socially isolated individuals through on-going weekly or fortnightly visits from our culturally and linguistically diverse volunteers. The Program provides group support or one-on-one companionship	CALD, Refugee	Free		03 9767 1900 Hrs: M-F 9am-5pm	smrc@smrc.org.au
VIC	Metro	EnCOMPASS Connector Program - Southern Migrant and Refugee Centre	Free service that provides older people with helpful information about ageing, the aged care system and support that is available to them.	CALD, Refugee	Free		03 9767 1900 Hrs: M-F 9am-5pm	shelbyt@smrc.org.au

VIC	Metro	Access and Support Program - Southern Migrant and Refugee Centre	Assists older people and people living with a disability to navigate support services and access essential services.	CALD, Disabled Persons, Refugee	Free		03 9767 1900 Hrs: M-F 9am-5pm	sanjag@smrc.org.au godettem@smrc.org.au
VIC	Statewide	SuicideLine Victoria	SuicideLine Victoria is a 24/7 telehealth service that offers free professional phone and online counselling for people living in Victoria.		Free		1300 651 251 Hrs: 24/7 phone hotline	
VIC	Ballarat Centre, Boronia Centre, Cranbourne Centre, Greensborough Centre, Kew Centre, Shepparton Centre, Sunshine Centre & Traralgon Centre	Relationships Australia Victoria	We can provide services to support you and your family with a wide range of issues, such as: relationships with your partner, family or friends, separation / divorce, parenting, mental health, family violence, grief and loss, managing change, stress, ageing and retirement, loneliness and isolation, other issues that are affecting your relationships, or causing concern.		Means-tested		1300 364 277 Hrs: M-T 9am-5pm F 8.30am-4.30pm	enquiries@rav.org.au
VIC	Melbourne (in-person) or from anywhere in Australia by phone	CLAN - Care Leavers Australasia Network	Offers support to people who have grown up in Orphanages, Children's Homes, Missions, Foster Care and other Child Welfare institutions in Australia and New Zealand (Stolen Generations, Forgotten Australians and Former Child Migrants)	First Nations People, CALD, Migrants	Free		1800 008 774 Hrs: M-F 9am-5pm	support@clan.org.au
VIC	Metro Melbourne and Gippsland	Better Place	Counselling and psychology services, elder abuse prevention services, way back support service.		MHCP needed for private counselling Income based fees for other services		1800 639 523 Hrs: M-F 9am-5pm	enquiry@betterplace.com.au
VIC	Metro Melbourne and Gippsland	Better Pride	Counselling services for LGBTIQI, run by Better Place Australia.	LGBTIQI	MHCP needed for private counselling Income based fees for other services		1800 531 919 Hrs: M-F 9am-5pm	enquiry@betterplace.com.au

Western Victoria PHN	Geelong, Ballarat, Horsham, Warrnambool, Great South Coast	The Way Back Support Service	<p>A service for individuals following a hospital admission after a suicide attempt. The type of support provide includes:</p> <p>Offering encouragement Helping a person follow their hospital discharge and safety plan Facilitating ongoing connection with other support networks Supporting links with GPs and other services to help the journey to recovery.</p>		Free	GP, Allied Health or MH Provider		thewaybackgrampians@wellways.org thewaybackgsc@wellways.org
Western Victoria PHN	Warrnambool, Portand, Camperdown and Hamilton	Older Adult Mental Health and Wellbeing Service	Older adult mental health and wellbeing services are primarily for people with mental illness who are over the age of 65. We provide specialist services for the treatment of depression, psychosis, dementia and other behavioural difficulties that occur later in life.		Free	GP, Allied Health or MH Provider	1800 808 284 Hrs: M-F 9am-5pm	
	VIC	Better Place Australia	Provide support and assistance to learn and grow and achieve goals that they otherwise may not have been able to achieve.		Check with service		1800 639 523	enquiry@betterplace.com.au
	VIC	Community Visitor Scheme - Southern Migrant and Refugee Centre	Volunteers visit older people who are socially isolated. These volunteers provide friendship and companionship through one-on-one visits.		Free		03 9767 1900 0421 330 230	cvs@smrc.org.au

Affordable Mental Health Services (General Resources)

Organisation/ Resource	Description	Website	Phone	Email
Black Dog Institute: Mental Health Fact Sheets	Evidence-informed fact sheets for anyone trying to find out more information about mental health conditions, treatments and wellbeing. Includes: <ul style="list-style-type: none"> - Depression in Older people - Anxiety - Wellbeing - Seeking Help - e-health for GP's - Healthcare workers 	www.blackdoginstitute.org.au/resources-support/fact-sheets		
Charlee: LGBTIQ+ Suicide Prevention Fact Sheets and Training for those in Victoria.	Factsheets include: <ul style="list-style-type: none"> - How to talk about LGBTIQ+ Suicide Safely - LGBTIQ+ Loss - Supporting LGBTIQ+ people during public discussions about suicide loss <p>For those in Victoria</p> <ul style="list-style-type: none"> - ASIST - safeTALK - START 	www.charlee.org.au/fact-sheets		
OPAN: Self Advocacy Toolkit (Older Persons Advocacy Toolkit)	Equips you with the skills, information and resources you need to speak up for better aged care. Videos, checklists and fact sheets. (Accessible site - 13 Languages, font size adjustable, contrast, screen reader compatible) <ul style="list-style-type: none"> - Aged Care Rights - Aged Care Options - Aged Care Problems - Protecting yourself from harm - Help with decision Making - Aged care Costs <p>Diversity Training for inclusive services to older people</p>	opan.org.au/toolkit		
Australian Government Department of Aged Care, through various organisations: Community Visitors Scheme (CVS) From 1 July 2023 will become Aged Care Volunteer Visitors Scheme (ACVVS)	Funds volunteering organisations to recruit, train and support volunteers to provide friendship and companionship to older people. Supports isolated and lonely people who are receiving Australian Government-funded aged care services in an aged care home or through a home care package.	www.health.gov.au/our-work/community-visitors-scheme-cvs	<ul style="list-style-type: none"> - ACT, NSW, VIC 03 9767 1900 - Northern Territory 08 8928 0620 - Queensland 1300 753 287 - South Australia 08 8326 0020 - Tasmania 03 6282 1515 - Western Australia 08 9319 0916 	

Aged care Grief and Bereavement Support Fact sheets	<ul style="list-style-type: none"> - Covid Fact Sheets in 4 Languages - Grief and loss of Forgotten Australians - Grief and loss of older people from Culturally and linguistically diverse community. - Having a yarn - LGBT+ grief and loss and ageing - Resilience and Aged Care - Trauma in older adults - Loneliness and Social Isolation - Transitioning into aged care for Older adults - Grief anniversaries and significant events 	aged.grief.org.au/AgedCare/AgedCare/Fact_Sheets/I_need_support_Fact_Sheets.aspx?hkey=7c246265-cd24-49dd-9c5a-db7b4644ae29		
MindSpot: Wellbeing Plus Course - Free	<p>Free online course - A clinically-proven treatment that helps adults aged 60+ improve their psychological health and overcome symptoms of depression and anxiety.</p> <p>Four versions of wellbeing course available. Five lessons over 8 weeks</p> <p>You can choose to receive weekly therapist support during the course, or you can choose to contact us when you need to.</p> <p>Not recommended if in a crisis or suicidal</p>	www.mindspot.org.au/course/wellbeing-plus		
National Ageing Research Institute & CALD Community: The Genie – Global Dementia Resources	A digital repository of national and international evidence-based dementia resources in 68 languages including Arabic, Filipino, Icelandic, Malay, Nepali, Sami, and Urdu	www.movingpictures.org.au/Pages/FAQs/Category/mp-genie		
Beyond Blue: Depression and older people		www.beyondblue.org.au/who-does-it-affect/older-people		
Beyond Blue: Emotional wellbeing of older people		www.beyondblue.org.au/docs/default-source/resources/329885_0616_bl1263_small_v5.pdf		
Beyond Blue: Beyond blue - work with older people		www.beyondblue.org.au/about-us/about-our-work/older-adults-program		
WellMob: Wellmob Healing our Way	Social, emotional and cultural wellbeing online resources for Aboriginal and Torres Strait Islander People	wellmob.org.au		
Australian Government Department of Aged Care: Wellness and reablement resources	Collection of practical guides and tools will help you embed wellness and reablement approaches into your service delivery.	www.health.gov.au/resources/collections/wellness-and-reablement-resources?language=en		
Australian Associate of Gerontology: When Older People Feel Sad	Resource for aged care support workers on what to do when older people feel sad. The resource is quick and easy to read and provides examples of what support workers can do and say to support older people who feel sad.	Smart Library Viewer (aag.asn.au)		
Australian Indigenous Health Info Net	Improving the health of Australia's Aboriginal and Torres Strait Islander people and assist in 'closing the gap' by facilitating the sharing and exchange of relevant, high-quality knowledge.		08 9370 6336	healthinfonet@ecu.edu.au

Silver Rainbow Presents: Ageing Fabulously podcast	The short 15-minute podcast episodes are hosted by writer and theatre maker Maeve Marsden (she/her), who delves into the LGBTI acronym, inclusive language and pronouns, families of choice, and palliative care. Each episode focuses on practical tips and workplace examples that will assist aged care workers in providing aged care services to LGBTI older people.	Available on Spotify and Apple Podcasts		
Silver Rainbow: LGBTIQ+ Aged Care Awareness Training	The Silver Rainbow LGBTI Aged Care Awareness Training Project is managed by LGBTIQ+ Health Australia and is delivered collaboratively with project partners across every state and territory in Australia. It is funded by the Commonwealth Department of Health until 2023	www.lgbtiqhealth.org.au/silver-rainbow-training		
Ending Loneliness Together: National online directory for connection and support.	Ending Loneliness Together - Australia's first national online directory to support people experiencing loneliness in building meaningful social connections. The Directory provides a national database of over 1000 organisations, groups and services offering opportunities for connection and support for people experiencing loneliness – all on a centralised and easy to navigate website.	endingloneliness.com.au/search		
Conversation Matters Resources	Conversations Matter is a practical online resource to support safe and effective community discussions about suicide. Access resources to support conversations with Culturally and Linguistically Diverse (CALD) and Aboriginal communities.	conversationsmatter.org.au		
Embrace Multicultural Mental Health Resources	Embrace Multicultural Mental Health (the Embrace Project) is run by Mental Health Australia and provides a national focus on mental health and suicide prevention for people from culturally and linguistically diverse (CALD) backgrounds.	embracementalhealth.org.au		
Centre of Best Practice in Aboriginal and Torres Strait Islander Suicide Prevention	Promoting Best Practice. The Centre of Best Practice in Aboriginal and Torres Strait Islander Suicide Prevention (CBPATSISP) is Australia's leading authority on Indigenous suicide. The Centre promotes evidence-based suicide prevention practice that empowers individuals, families and communities and respects their culture.	cbpatsisp.com.au		
Roses in the Ocean	Australia's national lived experience of suicide organisation, Roses in the Ocean exists to save lives and to reduce emotional distress and pain.	rosesintheocean.com.au		
Life in Mind	Life in Mind is a knowledge exchange portal providing translated evidence, policy, data and resources in suicide prevention and host of the National Communications Charter.	lifeinmind.org.au		

Lifeline Support Toolkit	The Support Toolkit from Lifeline, designed to reach people who aren't ready to talk to someone else about their situation or simply prefer to manage things themselves first. The toolkit is full of practical information in plain language, as well as curated tools, apps, techniques and services to help individuals take the next step in their wellbeing journey. The Support Toolkit is also designed to help those supporting someone else in need.	toolkit.lifeline.org.au		
Dementia Australia	Dementia Australia is the source of trusted information, education and support services. We advocate for positive change for people living with dementia, their families and carers, and support vital research.	www.dementia.org.au/education/about-you/for-health-professionals	National Dementia Helpline: 1800 100 500	
Compass - Guiding Action on Elder Abuse	Information on understanding, preventing and responding to elder abuse. Has a directory of organisations tackling elder abuse.	www.compass.info		
Australian Association of Gerontology	Helping to improve the experience of ageing through research, policy and practice. It convenes a special interest group on elder abuse.	www.aag.asn.au		
Health Direct Australia	Health services and information directory	www.healthdirect.gov.au		
Beyond Blue: Beyond Now Safety Planning App	You can use the app to create your own easy-to-follow plan to help you in those moments when you can't think straight.	Suicide safety planning - Beyond Now (beyondblue.org.au)		
Live Up: Upside of Ageing	Helping people stay independent through healthy ageing.	www.liveup.org.au		
Alliance for Forgotten Australians (AFA): Forgotten Australian Resources	Promotes the interests of the estimated 500,000 people known as Forgotten Australians, who experienced institutional or other out-of-home care as children and young people in the last century in Australia, many of whom suffered physical, emotional and/or sexual abuse while in 'care'.	forgottenaustralians.org.au/resources		
Australian Government Department of Social Services: Forgotten Australians and Former Child Migrants - Support services	Forgotten Australians and Former Child Migrants continue to face a range of complex issues, including mental and physical illness, homelessness, substance abuse, educational and family relationship difficulties, as a result of their experiences in out-of-home care. A number of initiatives developed by the Australian Government seek to meet the needs of these Australians.	www.dss.gov.au/our-responsibilities/families-and-children/programs-services/apology-to-the-forgotten-australians-and-former-child-migrants		
Australian Institute of Aboriginal and Torres Strait Islander Studies (AIATSIS): Stolen Generation Resources	Thousands of children were forcibly removed by governments, churches and welfare bodies to be raised in institutions, fostered out or adopted by non-Indigenous families, nationally and internationally. They are known as the Stolen Generations.	aiatsis.gov.au/education/professional-development		

Australian Government Department of Health and Aged Care: Caring for Forgotten Australians, Former Child Migrants and Stolen Generations Information Package	This information package is a resource for service providers in the aged care sector, particularly those in residential care. The resources show how early life experiences can affect older people receiving care and help care providers respond to their needs.	www.health.gov.au/resources/collections/caring-for-forgotten-australians-former-child-migrants-and-stolen-generations-information-package		
Taking Stock: Suicide prevention tool for Australia's farmers	Taking Stock, a free online wellbeing and suicide prevention tool designed by and for Australia's farmers	takingstock.community		
Doing it Tough: Not all Smiles are Happy Smiles	Doing It Tough has created a resource pack, that shares a simple message, "Not all smiles are happy smiles."	doingittough.org/not-all-smiles-are-happy-smiles		
National: Department of Health and Aged Care - Australian Government	Free call phone number that automatically redirects callers seeking information and advice on elder abuse with the phone service in their state or territory	www.health.gov.au/contacts/elder-abuse-phone-line	1800 353 374	
SA: Aged Rights Advocacy Service: Older Persons Advocacy - SA	Older Persons Advocacy	www.sa.agedrights.asn.au	1800 700 600 08 8232 5377	aras@agedrights.asn.au
SA: Commissioner for Victims' Rights	A list of some of the organisations that can help you as a victim of crime in South Australia, including counselling	www.voc.sa.gov.au/help-and-resources/support-services	08 8204 9635	victimsofcrime@sa.gov.au
Older Persons Advocacy: Advocacy Tasmania	Older Persons Advocacy	advocacytasmania.org.au	1800 005 131	helpline@yoursaytas.org
NSW: Get Healthy Information and coaching service	Provide support and motivation to reach your healthy lifestyle goal. 6 months support, up to 13 phone calls with online resources	www.gethealthynsw.com.au	1300 806 258	
NT - Darwin: Victims of Crime Northern Territory	Committed to assisting those who have been or may be affected by crime, by providing them with support, advocacy and prevention strategies	victimsofcrime.org.au	08 8941 0995 1800 672 242 (after hours)	admin@victimsofcrime.org.au
NT - Alice Springs: Victims of Crime Northern Territory	Committed to assisting those who have been or may be affected by crime, by providing them with support, advocacy and prevention strategies	victimsofcrime.org.au	08 8952 4466 1800 672 242 (after hours)	as.office@victimsofcrime.org.au
VIC: Elder Rights Advocacy	Free, confidential and independent aged care advocacy and information for older people living in Victoria, their families and representatives. Service includes a specialist advocate for elder abuse prevention and response.	era.asn.au	1800 700 600	
VIC: Health Translations: Translated information about health and wellbeing	Health Translations is a free online library of high-quality translated Australian health and wellbeing information.	www.healthtranslations.vic.gov.au/health-translations-homepage		
VIC: Seniors Rights Victoria	Seniors Rights Victoria operates a state-wide elder abuse helpline, with information, support, advice, advocacy, education to prevent and address elder abuse. They also provide legal information, advice and casework.	seniorsrights.org.au	1300 368 821	info@seniorsrights.org.au
Australian Indigenous Health Info Net	Improving the health of Australia's Aboriginal and Torres Strait Islander people and assist in 'closing the gap' by facilitating the sharing and exchange of relevant, high- quality knowledge.	sayitoutloud.org.au/learn-more/contact-us/	08 9370 6336	healthinonet@ecu.edu.au