




















# Disaster Recovery Wellbeing Support





































## Hunter



If you are in a crisis or experiencing suicidal thoughts contact Triple Zero (000)

Service		Description	Phone / Open Hours
Your GP or Local AMS	 	Ask about accessing a private psychologist or counsellor via the Better Access to Mental Health Program to access up to ten sessions per year with a qualified mental health specialist subsidised via Medicare.	—
Head to Health	 	Talk to a mental health professional and be connected with the supports that best meet your needs. <a href="http://www.headtohealth.gov.au">www.headtohealth.gov.au</a>	1800 595 212 8.30am-5pm Mon-Fri
NSW Mental Health Line	 	A mental health professional will answer your call about mental health concerns for you or someone you are concerned about, including children, teens, adults and older people. Call Triple Zero (000) if you are in crisis. <a href="http://www.health.nsw.gov.au/mentalhealth/Pages/mental-health-line.aspx">www.health.nsw.gov.au/mentalhealth/Pages/mental-health-line.aspx</a>	1800 011 511 24/7
Lifeline	 	Lifeline provides 24/7 crisis support and suicide prevention services. Lifeline Chat available 24/7 <a href="http://www.lifeline.org.au/crisis-chat">www.lifeline.org.au/crisis-chat</a>	13 11 14 24/7
13 YARN	 	Crisis support line for mob who are feeling overwhelmed or having difficulty coping. Confidential 1:1 yarning opportunity with a Lifeline-trained Aboriginal & Torres Strait Islander Crisis Supporter who can provide support. <a href="http://www.13yarn.org.au">www.13yarn.org.au</a>	13 92 76 24/7
Thirrili	 	This service provides emotional and practical support to bereaved Indigenous families and individuals impacted by a suicide or other traumatic loss across Australia. <a href="https://thirrili.com.au">https://thirrili.com.au</a>	1800 805 801 24/7
Suicide Call Back Service	 	National service that provides free phone, video and online professional counselling to people who are affected by suicide. <a href="http://www.suicidecallbackservice.org.au">www.suicidecallbackservice.org.au</a>	1300 659 467 24/7
Beyond Blue	 	Free telephone and online counselling service. <a href="http://www.beyondblue.org.au/support-service/chat">www.beyondblue.org.au/support-service/chat</a> Information and resources, including flyers and videos, also for the Aboriginal and Torres Strait Islander community. <a href="http://www.beyondblue.org.au/who-does-it-affect/aboriginal-and-torres-strait-islander-people">www.beyondblue.org.au/who-does-it-affect/aboriginal-and-torres-strait-islander-people</a>	1300 224 636 24/7
Kids Helpline	 	Free confidential online and phone counselling service for young people aged 5 to 25. Qualified counsellors are available via WebChat, phone or email. <a href="http://www.kidshelpline.com.au">www.kidshelpline.com.au</a>	1800 551 800 24/7
MensLine Australia		Free professional 24/7 telephone and online counselling support for men with concerns about mental health, anger management, family violence (using and experiencing), addiction, relationship, stress and wellbeing. <a href="http://www.mensline.org.au">www.mensline.org.au</a>	1300 789 978 24/7

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Service	Description	Phone / Open Hours
<b>Headspace</b>     	<b>Free support for young people (aged 12 – 25yrs)</b> who need help with mental health, physical health, alcohol and other drug issues, and/or work and study support. <a href="https://headspace.org.au/online-and-phone-support">https://headspace.org.au/online-and-phone-support</a> <b>Youth disaster recovery information.</b> <a href="http://www.headspace.org.au/explore-topics/for-young-people/natural-disasters">www.headspace.org.au/explore-topics/for-young-people/natural-disasters</a>	Online 24/7
<b>QLife</b>     	<b>A national counselling and referral service for the LGBTIQ community.</b> QLife services are free and include both telephone and webchat support, delivered by trained LGBTIQ community members across the country. <a href="http://www.qlife.org.au">www.qlife.org.au</a>	<b>1800 184 527</b> 3pm to midnight 7 days
<b>Rural Health Connect</b>  	<b>An online and phone service providing counselling sessions by qualified psychologists to rural people.</b> They also have GPs available for mental health treatment plans, to reduce the wait time barrier that some may face when booking into see a GP. <a href="http://www.ruralhealthconnect.com.au">www.ruralhealthconnect.com.au</a>	<b>0493 201 005</b> 9am-5pm Mon-Fri
<b>Lyns</b>   	<b>Lyns helps you find your best-fit psychologist.</b> Medicare card holders are eligible for up to 10 bulk billed counselling sessions. <a href="http://www.welysn.com">www.welysn.com</a>	—
<b>Mental Health Online</b> 	<b>If you're experiencing mental distress, this service can help you understand and address your needs</b> through self-assessment, self-help, and online professional support. Must be at least 18 years old. <a href="http://www.mentalhealthonline.org.au">www.mentalhealthonline.org.au</a>	Online 24/7
<b>Friends Line</b>  	<b>FriendLine is for anyone who needs to reconnect or just wants a chat.</b> <a href="http://www.friendline.org.au">www.friendline.org.au</a>	<b>1800 424 287</b> 10am-8pm 7 days
<b>This Way Up</b> 	<b>A range of self-paced online programs that teach clinically proven strategies</b> to help you improve the way you feel. <a href="http://www.thiswayup.org.au">www.thiswayup.org.au</a>	Online 24/7
<b>my Compass</b>  	<b>Interactive self-help online service for young adults, adults and seniors</b> that aims to promote resilience and wellbeing for people experiencing mild to moderate stress, anxiety and depression. <a href="http://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/mycompass">www.blackdoginstitute.org.au/resources-support/digital-tools-apps/mycompass</a>	Online 24/7
<b>Mind Spot</b>  	<b>A free phone and online service for adults</b> experiencing anxiety, depression, stress and chronic pain. <a href="http://www.mindspot.org.au">www.mindspot.org.au</a>	Online 24/7
<b>Embrace Project</b>  	<b>Embrace Multicultural Mental Health project provides mental health translated resources</b> for people from culturally and linguistically diverse (CALD) backgrounds. <a href="https://embracementalhealth.org.au">https://embracementalhealth.org.au</a>	—
<b>Ahead for Business</b> 	<b>Helps business owners take action for their own mental health and wellbeing.</b> <a href="http://www.aheadforbusiness.org.au">www.aheadforbusiness.org.au</a>	Online 24/7
<b>Red Cross</b> 	<b>Wellbeing Toolkit – a great guide to self-care.</b> <a href="http://www.redcross.org.au/globalassets/corporatecms-migration/first-aid/21070-arc-wellbeing-toolkit-v2-hr.pdf">www.redcross.org.au/globalassets/corporatecms-migration/first-aid/21070-arc-wellbeing-toolkit-v2-hr.pdf</a>	Online 24/7
<b>Rural Adversity Mental Health Program (RAMHP)</b>   	<b>Specialist knowledge and support for people experiencing mental health concerns</b> living in rural communities. People living in rural communities experiencing mental health issues. <a href="http://www.ramhp.com.au">www.ramhp.com.au</a>	<b>0437 989 044</b>
<b>Farmgate Support</b>   	<b>The Farmgate Support program is a free mobile service</b> available across the Hunter New England Local Health District.	<b>0477 322 851</b> 9am-5pm Mon-Fri
<b>MindHealth</b>   	<b>MindHealth is a free professional counselling service for people 15 years and older</b> living or working in the Hunter and New England regions. <a href="https://mindhealth.org.au">https://mindhealth.org.au</a>	<b>1300 029 131</b> 7am-9pm Mon-Sat

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