Crisis & Emergency Support

Santai Psychology is not a crisis or emergency service and we are unable to provide immediate crisis support.

If you or someone else is in immediate danger or requires urgent assistance, please call 000 or attend your nearest hospital emergency department.

Helpful Support Contacts

NSW Health Mental Health Line
24/7 Statewide Service
1800 011 511

QLD Government Mental Health Access Line
24/7 Statewide Service
1300 642 255

Lifeline 13 11 14

Suicide Call Back Service 1300 659 467

Beyond Blue Support Service 1300 22 4636

MensLine Australia 1300 78 99 78

Elder Abuse Helpline 1300 651 192

MATES In Construction 1300 642 111

SANE Australia 1800 187 263
Support for anyone, their family and friends who are affected by complex mental health issues.

Aboriginal and Torres Strait Island People

13Yarn (13 92 76)
Confidential over the phone yarning opportunity and support with a trained Lifeline Aboriginal and Torres Strait Islander Crisis Supporter for mob who are feeling overwhelmed or having difficulty coping

Brother to Brother 1800 435 799
Support for Aboriginal men who need someone to talk to about relationship challenges, family violence, parenting, substance use, or other personal struggles

Thirrili 1800 805 801
Support for Aboriginal and Torres Strait Islander peoples following suicide or other fatal critical incidents.

Child Abuse & Trauma

Blue Knot Foundation Helpline 1300 657 380
Support, resources, and education for communities and families of adult survivors of childhood abuse and trauma

Defence Personnel

Defence Member and Family Helpline (24/7) 1800 624 608
Staffed by social workers and psychologists
Overseas +61 2 6127 1600

Safe Zone Support (24/7) 1800 142 072
Free and anonymous. No need to identify yourself. Calls not recorded.

ADF Chaplains (24/7) 1300 333 362
Ask for the Duty Chaplain in your area and service

DVA - Department of Veterans' Affairs 1800 555 254

Domestic Violence

1800Respect 1800 737 732
Provides support to any Australian who has experienced or is at risk of family and domestic violence and/or sexual assault

Full Stop Australia 1800 385 578
Confidential, trauma specialist counselling to people of all genders who have been subject to sexual, domestic and family violence, as well as their friends, colleagues and family members

DV Connect QLD 1800 811 811

Mens Referral Service 1300 766 491
Offers assistance, information, and counselling to help men who use family violence

Drugs and Alcohol

Alcohol & Drug Information Service
NSW Regional 1800 422 599
QLD Regional 1800 177 833

Family Drug Support 1300 368 186

National Health, Alcohol, & Other Drug Hotline 1800 250 015

Northern NSW Local Health District – Alcohol & Other Drug Services -Tweed Valley
02 6677 3460

Eating Disorders

The Butterfly Foundation 1800 33 4673
Support for those with an eating disorder and their carers

Emergency First Responders

Fire and Rescue NSW
EAP 1300 687 327
Chaplain 0418 869 280
FRNSW Wellbeing Coordinator 0448 295 725

Fortem 1300 33 95 94 (business hours)

Black Dog Institute – National Emergency Worker Support Service
https://www.blackdoginstitute.org.au/education-services/national-emergency-worker-support-service/

NSW Ambulance Chaplains 0412 663 159

NSW Police Force Incident Support (24/7) 1300 667 191

Phoenix Australia (Victoria) 1800 329 191

Feeling Lonely

FriendLine 1800 424 287
Supports anyone feeling lonely, seeking connection, or simply wanting someone to talk to, 7 days a week, all conversations are completely anonymous

Grief

Griefline 1300 845 745

LGBTQIA+ Communities

Qlife 1800 184 527
3pm to Midnight 7 days-a-week - peer support

Rainbow Sexual, Domestic and Family Violence Helpline – 1800 497 212
For anyone from the LGBTIQIA+ community whose life has been impacted by sexual domestic and/or family violence.

Twenty10 NSW 1800 184 527
Telephone (3pm – midnight), web-based and social support to young people (aged 12 to 25 years) and adults who are lesbian, gay, bisexual, transgender and gender diverse, intersex, questioning, queer, asexual and more,
www.twenty10.org.au/get-support/

Parenting and Pregnancy

ForWhen 1300 24 23 22
Connects expecting and new parents/carers to perinatal and infant mental health supports and services in their local area

Gidget Foundation 1300 851 758
Mental health support for new and expectant parents

PANDA – Perinatal Anxiety and Depression Australia 1300 726 306
Support for families affected by depression and anxiety during pregnancy and first year of parenthood

Karitane Careline 1300 227 464
Consultation regarding common issues for children up to age 5years

Tresillian 1300 272 736
Parenting guidance for the early years.

Support Following Sexual Assault or Abuse

NSW Sexual Violence Helpline 1800 424 017
Support for those impacted by sexual assault (including friends, families and supporters)

DV Connect QLD Sexual Assault Helpline 1800 010 120

Sexual Abuse and Redress Support Service 1800 211 028
For adult survivors of childhood institutional sexual abuse, supporting anyone accessing the Redress Scheme and alternative compensation

Support After Suicide

Standby 1300 727 247 (Mon – Sun 6am – 10pm)

Veterans

Open Arms 1800 011 046
Confidential counselling for any member who has served in the ADF, their families and partners

Veterans Support Service 1800 011 046

Young People

Kids Helpline 1800 55 1800
Teens 13 – 17 https://kidshelpline.com.au/teens

Headspace 1800 650 890
Free online and phone support, as well as counselling, for young people aged 12–25, their families, and friends