

Links to mental health resources

Download this list of links to mental health resources and pass it on to friends, family, colleagues and workers so they know who to contact for assistance. Remember: Talk to your mates. Conversations can help save lives and help is always just a phone call away if you, or they, need it.

Beyond Blue	1300 224 636	https://www.beyondblue.org.au/
DirectLine	1800 888 236	http://www.directline.org.au/
Family Drug Support	1300 368 186	http://www.fds.org.au/
Family Relationship Service	1800 050 321	http://www.familyrelationships.gov.au/
Gambler’s Help	1800 858 858	http://www.gamblershelp.com.au/
Headspace	1800 650 890	https://headspace.org.au/
Kids Helpline	1800 551 800	http://www.kidshelpline.com.au/
Lifeline	13 11 14	https://www.lifeline.org.au/
Mens Referral Service	1300 766 491	http://mrs.org.au/
Mensline	1300 789 978	https://www.mensline.org.au/
National Domestic Family & Sexual Violence Counselling Service	1800 737 732	https://www.1800respect.org.au/
Relationships Australia	1300 364 277	http://www.relationships.org.au/
Rural Financial Counselling Service	1300 711 741	http://www.agriculture.gov.au/
Safe Steps – Family Violence Response Centre	1800 015 188	http://www.safesteps.org.au/
Suicide Line	1300 651 251	https://www.suicideline.org.au/
Women’s Information Referral Exchange (WIRE)	1300 134 130	http://www.wire.org.au/

Other resources

Centre for Rural and Remote Mental Health	https://www.crrmh.com.au/
iFarmwell	https://ifarmwell.com.au/
National Centre for Farmer Health	https://farmerhealth.org.au
Taking Stock	https://takingstock.community/
#6Bs	https://www.6bs.com.au/
Rural Aid’s Mental Health & Wellbeing Team	https://www.ruralaid.org.au/counsellors/
GrainGrowers information about farm safety and grower wellbeing support	https://graingrowers.com.au/courses/farm-safety https://www.graingrowers.com.au/grower-wellbeing