



Suicide  
Prevention  
Central Coast

**LifeSpan Central Coast  
Trial Report Card**  
June 2017 – December 2019



The Suicide Prevention Central Coast Alliance, the Practice Implementation Teams (PITS) and community members have contributed to the success of the LifeSpan Trial on the Central Coast. We thank everyone involved for their passion and dedication .

### **Supports are available**

If at any point you feel you need support, please go to the end of this report for supports that are available.

### **More information**

Please contact [CCLHD-Lifespan@health.nsw.gov.au](mailto:CCLHD-Lifespan@health.nsw.gov.au) or visit our website at <https://suicidepreventioncentralcoast.org.au/>

All data in this report card is accurate up until December 2019.



We would like to pay our respects to the traditional owners of the land on which we live and work, and pay our respects to the elders, past, present and future. We warmly welcome your leadership in teaching us what can be done to reduce the impact of suicides within the Central Coast Community.

We would also like to acknowledge and thank those who have come forward to share their expertise, gained from personal experience of suicide and recovery. The power of having a voice, and that voice being heard, is important.

# Contents

Welcome.....	4
Our story .....	5
Lived experience of suicide .....	7
What is LifeSpan ? .....	8
A systems approach.....	8
Actions taken to improve emergency and follow up care .....	9
Health Professionals training .....	10
StepCare .....	11
Youth in Distress .....	12
Youth Aware of Mental Health.....	12
Community Interventions PIT.....	14
Question Persuade Refer (QPR).....	14
QPR for Business .....	15
Making sure people know where to go for support .....	16
R U OK? launch on the Central Coast .....	17
R U OK? small grants .....	17
Mindframe training for Central Coast media .....	18
Mindframe Plus training .....	18
Engaging and including our Aboriginal community .....	20
First Steps workshop .....	20
We-Yarn workshops.....	20
Aboriginal Community Reference Group .....	21
Engaging and including our gender and sexually diverse community .....	22
Post suicide support protocol .....	23
Suicide Prevention Central Coast Alliance .....	24
What's next after LifeSpan?.....	24
Suicide prevention is everyone's business . .....	25
Be part of the change in our community. ....	25
Where to go for support.....	26

# Welcome

Welcome to the LifeSpan Central Coast Trial Report Card. We want to provide an overview of what has been achieved on the Central Coast over the last two and a half years as part of this Trial and to give an indication of what the Suicide Prevention Central Coast Alliance hopes to achieve in the coming years.

Ever since the very first Alliance meeting in 2016, it has been an absolute privilege to see how enthusiastically our communities have contributed to this work. Together we have implemented the most comprehensive suicide prevention initiative ever undertaken in Australia. The LifeSpan multi-pronged, systems approach has involved schools, councils, hospitals, businesses, media, community organisations and members of the local community.

Thousands of people across the Central Coast have been involved and much has been achieved.

We would like to say a heartfelt thank you to everyone who has kindly contributed their time, energy and resources so far. We can all feel very proud of what has been achieved.

Of course, there is still much that can be done around suicide prevention on the Central Coast and the Alliance will continue work in this area.

Achieving and sustaining the significant change required to reduce suicide deaths is certainly not easy, it will take time. We are confident however, that the commitment of our Alliance members and our local community to work together will help us succeed.

Katie Sewell, *Chair*

David Duerden, *Co-Chair*

Suicide Prevention Central Coast Alliance



# Our story

Historically, on the Central Coast there has been strong commitment to suicide prevention. To build on this the Suicide Prevention Central Coast Alliance was formed in 2016 to develop a community response to suicide deaths on the Central Coast.

In 2016, the Central Coast was successful in being selected as one of four trial sites in NSW for the Black Dog Institute's LifeSpan initiative. LifeSpan was funded by the Paul Ramsay Foundation.

The Suicide Prevention Central Coast Alliance provided strategic direction and informed decision making on the implementation and local evaluation of the LifeSpan Central Coast trial site from June 2017 to December 2019.

The Alliance continues to grow with representation from across health, police, ambulance, business, education, local council and community.

People continue to give their time, personal experiences and work contributions with suicide and recovery. These perspectives have been at the heart of our efforts from the beginning.

*"Working together is vital in helping prevent suicide in our community"*  
*Alliance member*

*"Having the Suicide Prevention Alliance on the Central Coast has provided more of a platform for us to work together in a meaningful way"*  
*Alliance member*

*"I think it's a group of really good, willing people who are motivated. It's not a committee for having a committee's sake, it's a committee that wants to make a real difference"*  
*Alliance member*



The following member organisations and community groups were engaged and involved in the LifeSpan Central Coast Trial:



# Lived experience of suicide

Someone who has suicidal thoughts, has survived a suicide attempt, experienced suicidal behaviour, cared for someone through a suicide crisis, or has been bereaved or impacted by suicide.

Lived experience representatives have contributed to the LifeSpan Trial in a variety of ways.

- Providing their lived experience voice:
  - » At the LifeSpan Trial Launch
  - » Through media interviews
  - » At the LifeSpan Trial Wrap-up
  - » Participating in the Black Dog Institute - *Lend Your Voice* survey



- » Four lived experienced representatives completed the Roses in the Ocean *Our Voice in Action* workshop in 2018.

The Alliance welcomes the growing number of lived experience advocates engaged in suicide prevention on the Coast.



Launch Event August 2018



Wrap Up & Beyond Event December 2019



## Moving forward:

We will continue to engage, value and actively partner with people who have a lived experience of suicide.

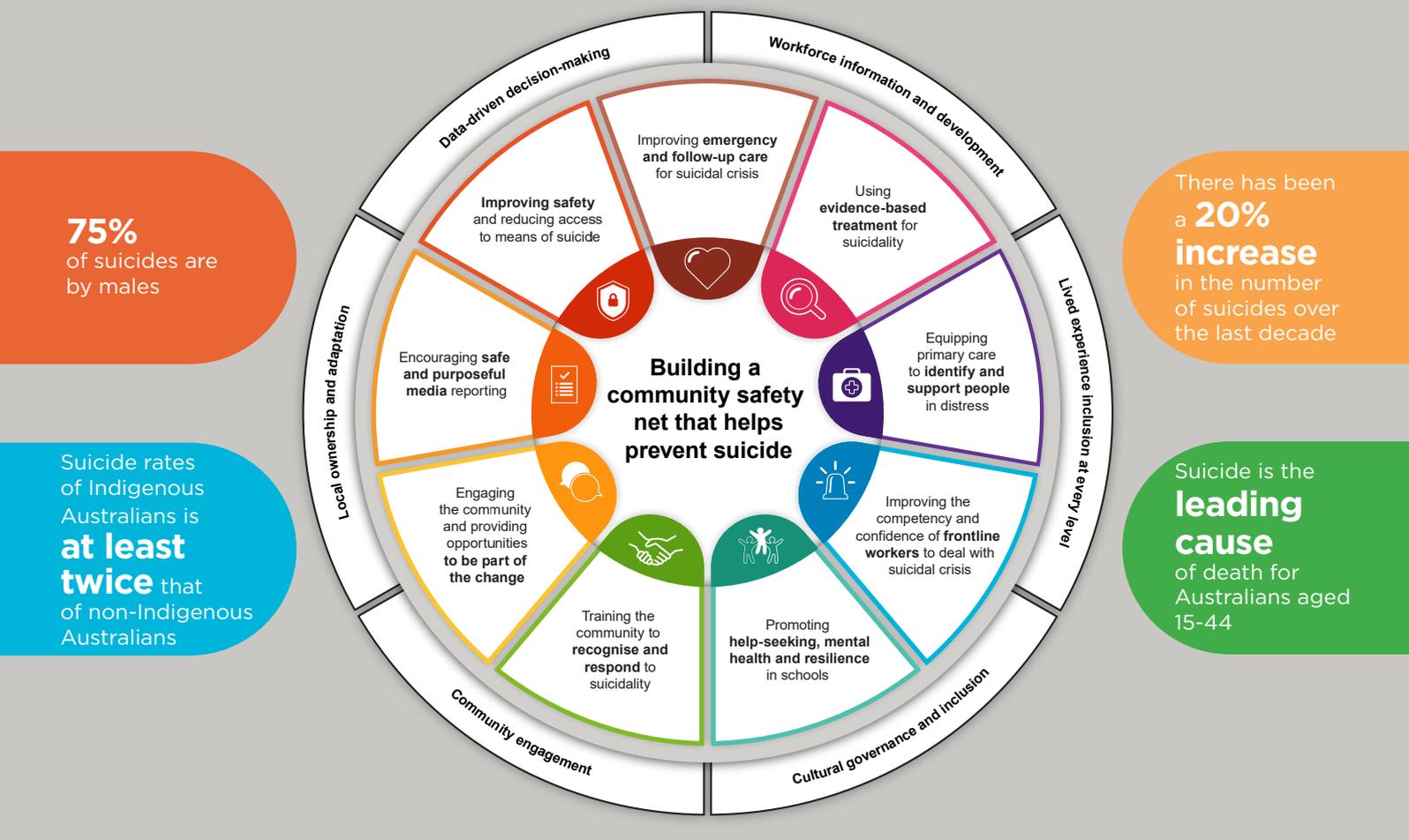
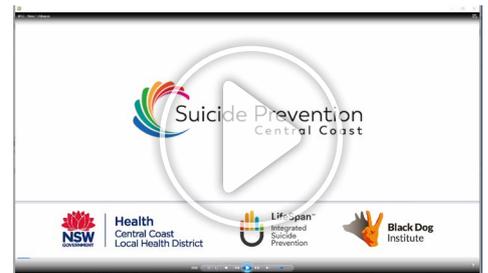
# What is LifeSpan ?

## A systems approach

LifeSpan is the name given to a new evidence based, integrated approach to suicide prevention developed by the Black Dog Institute. It combines nine strategies that have strong evidence for suicide prevention into one community led approach. In 2015, Black Dog Institute received an independent philanthropic grant from the Paul Ramsay Foundation to deliver LifeSpan in four sites in NSW and scientifically assess the impact of the approach.

LifeSpan aims to build a safety net for the community by connecting and coordinating new and existing interventions and programs, and building the capacity of the community to better support people facing a suicide crisis.

Watch this short video to find out more about LifeSpan .



## GET INVOLVED

Undertake suicide prevention training. Familiarise yourself with the services and support available in the community. Look after yourself and support others when they need help.



Improving **emergency and follow-up care** for suicidal crisis



Using **evidence-based treatment** for suicidality



Equipping primary care to **identify and support people** in distress



Improving the competency and confidence of **frontline workers** to deal with suicidal crisis

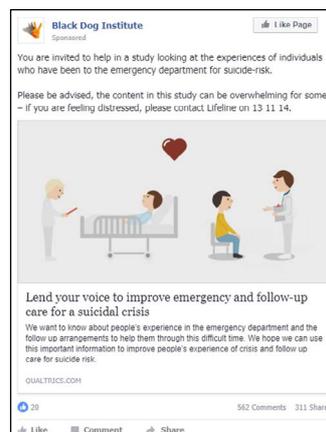
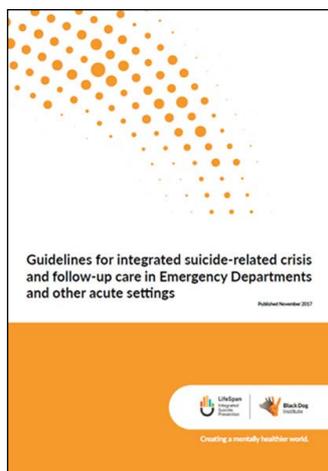
To prevent suicide deaths, we must ensure that people who have attempted suicide receive whatever supports they need as soon as possible. This is particularly important immediately after they have attended a hospital emergency department. Training for health professionals plays an important role in this.

## Actions taken to improve emergency and follow up care

Distributed the Black Dog Institute **Guidelines for integrated suicide-related crisis and follow-up care in Emergency Departments and other acute settings** for discussion.

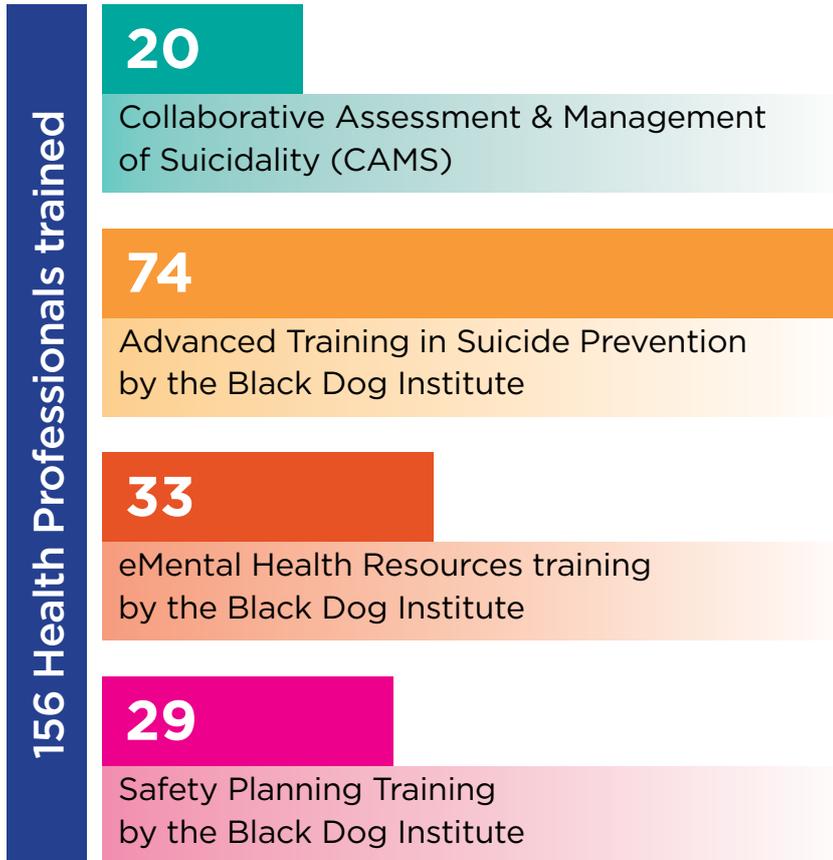
Facilitated reviews of current practice and what needs to change for better care of people in suicidal crisis.

The Black Dog Institute Restore Study (**Lend Your Voice**) was conducted on the Coast. Individuals who had been to the emergency department for suicide-risk were invited to share their experiences. The important insights and information provided will increase our understanding of the needs of people during suicidal crisis. Results are due in 2021.

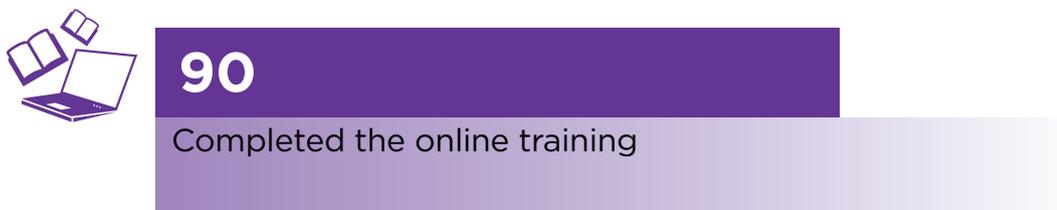


# Health Professionals training

Since 2017, **280** local health professionals completed training focused on Suicide Prevention.



This included NSW Health, Health Education Training Institute (HETI) Suicide Prevention Training for Central Coast Local Health District non-clinical staff:



# StepCare

Many people experiencing suicidal thoughts or behaviours visit their doctor in the weeks or days before suicide. The StepCare screening program creates opportunities for general practitioners (GPs) to identify and talk to people who are suicidal or experiencing mental health issues and to connect them to appropriate supports.

The Central Coast had:



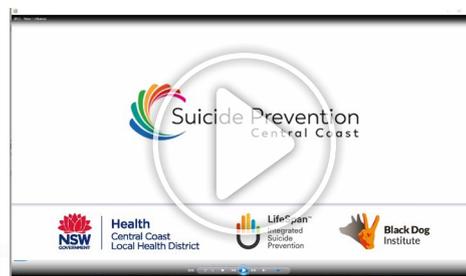
4 GP practices register for the StepCare screening program



128

GPs/practice staff completed Advanced Training in Suicide Prevention or Talking About Suicide in General Practice training courses

Watch this short video to hear our local professionals talk about how the training made a difference to their work with people in crisis .



*"Being on the Alliance gives me a sense of hope that we are on the right track in reducing suicides on the Coast"*  
Alliance member

## Moving forward:

The Way Back Support Service will commence on the Coast in 2020. Way Back is a new suicide prevention program for people discharged from hospital after a suicide attempt. It is one-to-one, non-clinical care and offers practical support.

[www.beyondblue.org.au/the-facts/suicide-prevention/after-a-suicide-attempt/support-after-a-suicide-attempt](http://www.beyondblue.org.au/the-facts/suicide-prevention/after-a-suicide-attempt/support-after-a-suicide-attempt)

We will support the roll out of the NSW Health - Toward Zero Suicides initiatives on the Central Coast.

<https://www.health.nsw.gov.au/mentalhealth/Pages/services-towards-zero-suicides.aspx>



Schools are an important place for promoting mental health, resilience and help-seeking among young people.

## Youth in Distress

Youth in Distress is advanced training in suicide prevention for schools.

On the Central Coast:



**80**

School counsellors received training

## Youth Aware of Mental Health

Youth Aware of Mental Health (YAM) teaches young people how to look after themselves and their school mates. It gives students the freedom to talk about issues they may not normally talk about and emphasises where young people can get help when they need it.

Trained YAM instructors support and guide the students as they think through the best ways to deal with common situations they experience.



Since LifeSpan was launched in Central Coast:

**3259** students have participated in the YAM program to build their resilience

**44%** of high schools in our region have implemented YAM

**151** people working with young people have completed suicide prevention training

**16** of these are teachers and school staff members

On the Central Coast:

Over **100** volunteer YAM helpers were trained



In 2018, **16** Central Coast high schools rolled out YAM

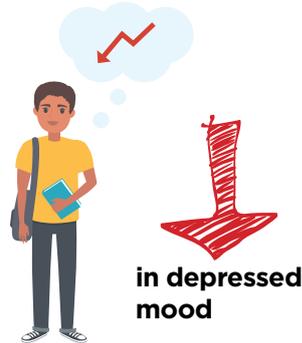


In 2019, a further **15** Central Coast high schools continued with the roll out of YAM



## YAM evaluation

The Black Dog Institute's evaluation of YAM compares student survey responses before YAM to their responses three months after the training. There were 16 high schools on the Central Coast that participated in the evaluation. Preliminary results across NSW are very promising.



"Someone who had done the program last year gave me a YAM book because they could see I was not ok. It helped me understand what I was going through is ok and understand the things that can help."  
*Student*



### Moving forward:

The Black Dog Institute evaluation on YAM will continue until June 2021.

# Community Interventions PIT

Increasing awareness about the importance of suicide prevention isn't enough to reduce deaths. Communities want clear, concrete things that they can do to better support the people around them. Everyone is in a position to help when they know what to do.

On the Central Coast, the following strategies were combined to create the 'Community Interventions' Practice Implementation Team (PIT).



Training the community to **recognise and respond** to suicidality



Engaging the community and providing opportunities **to be part of the change**



Encouraging **safe and purposeful media** reporting

## Question Persuade Refer (QPR)

QPR ('Question Persuade Refer') is 1-hour online training that has strong evidence for building skills to help with a suicide crisis. QPR was offered to the Central Coast community free of charge as part of the LifeSpan Trial.

### QPR training

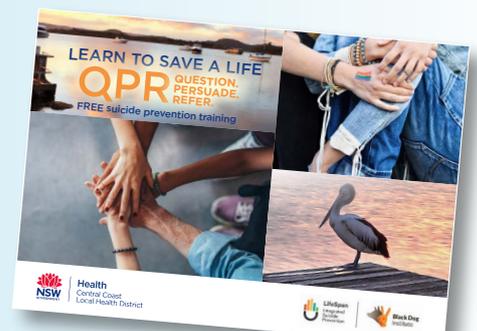
A localised QPR postcard was developed to promote the training.

Over **680** people completed QPR training.

**80%** of those who completed the training had not done any previous suicide prevention training. This indicates that we reached people who had not been reached before.

**55%** of people were motivated to do the training because of an interest in suicide prevention.

**36%** of people were motivated to do the training by their own lived experience of suicide.



## Other training offered on the Central Coast

### 'Workplace Mental Health and Wellbeing':

LifeSpan Central Coast supported the Black Dog Institute to roll out this training

12

workshops conducted



149

people trained



### Applied Suicide Intervention Skills Training (ASIST):

2-day training to recognise and respond to people who may be at risk of suicide

241

people trained

## QPR for Business

QPR for Business encouraged local employers to provide QPR training to their staff. QPR for Business champions supported businesses across the Central Coast to do this.

- A QPR for Business poster was developed to promote the training specifically to businesses.
- Presentations were given to the Central Coast Work Health & Safety Managers Forum. This generated numerous leads for QPR for Business training.
- LifeSpan became a sponsor of the Central Coast Business Chamber for 2019, which also generated leads.

18

local organisations provided suicide prevention training for their staff

- Local council, schools, health services and manufacturing companies offered their staff training in QPR. By doing this, they let their staff know that they care about suicide prevention and see staff wellbeing as relevant to their business.

Greg Tedd, HR manager for Wideline, a Central Coast manufacturing company said,

*"We've got sufficient numbers of staff trained up in QPR and I'm pretty comfortable should somebody be in a situation where they are considering suicide, there is someone not far from them at work who has done the training."*

Wideline spoke with ABC Central Coast Radio about the importance of promoting workplace wellbeing and how to access free QPR training.



“The well-being and safety of our community is really a shared responsibility”  
Alliance member

## What has been the impact of the community training?

- ✓ Managers said that staff who completed the training were more likely to reach out for help.
- ✓ Those who have completed the training said it made them more likely to talk to someone about suicide

Watch this short video to hear our community talk about how the training helped them to help others.



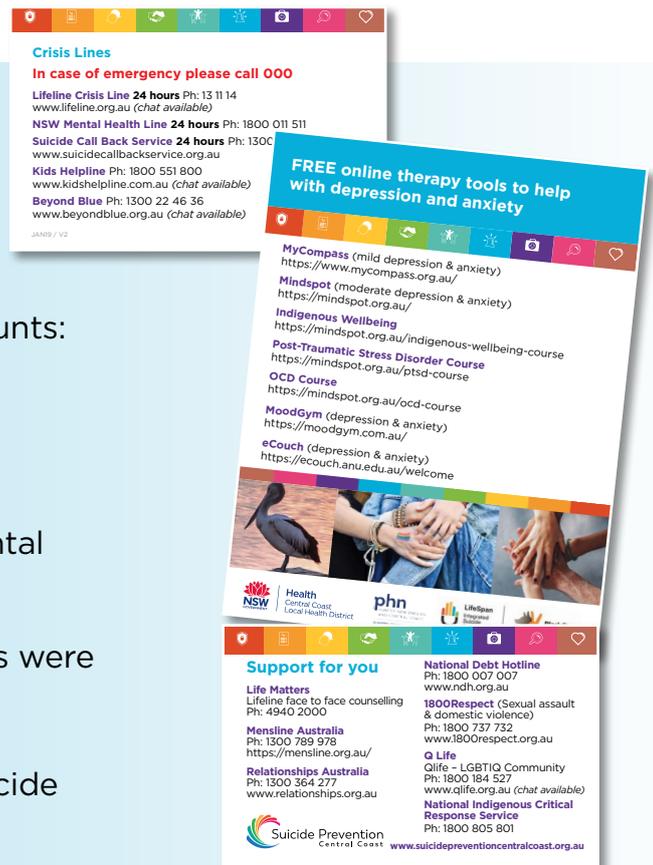
## Making sure people know where to go for support

Reaching out to people who might be struggling is “step one” in Suicide Prevention. With this in mind, the help seeking card was developed and used as a resource to accompany the QPR training.

It has crisis support contacts, helplines and e-mental health resources.

### Help Seeking Card

- Over **20,000** help seeking cards were distributed across the Central Coast through local organisations, community groups and businesses.
- Some organisations requested bulk amounts:
  - » NSW Police
  - » Justice & Community Corrections
  - » Central Coast Council
  - » Central Coast Local Health District Mental Health services.
- QPR postcard and the help seeking cards were distributed at **30** community events.
- Over **8500** people engaged with suicide prevention.



### Moving forward:

We will continue to encourage people to engage in suicide prevention training.



## Engaging the community and providing opportunities to be part of the change

A big part of this strategy was building on the momentum of national campaigns such as R U OK? Day and linking into local community events using the locally produced QPR postcards and help seeking cards. The QPR postcards and help seeking cards were made available at all events

We nearly always noticed a spike in QPR uptake after community events.

### R U OK? launch on the Central Coast

- In July 2019 R U OK? launched their nationwide 'Trust the Signs Tour' at Gosford Waterfront.
- There were display tables from local services and volunteer organisations, with a BBQ and talks from R U OK? Ambassadors.
- The launch was well attended and the R U OK? marquee was clearly visible to passing traffic.



### R U OK? small grants

LifeSpan Central Coast offered small grants to encourage the local community to host an R U OK? event.

In 2018 and 2019,  
**19**  
grants were  
awarded totalling  
**16,400**

The reach of  
these promotions  
varied from  
**100**  
**through**  
**to many**  
**thousands**  
(social media)

Over  
**25**  
**R U OK?**  
**events**  
were conducted  
across the  
Central Coast

Attendance at  
events varied  
from  
**20**  
through to  
**800**



**Moving forward:**  
We will continue to engage in awareness campaigns like R U OK? Day [www.ruok.org.au](http://www.ruok.org.au)



## Encouraging safe and purposeful media reporting

Safe and responsible reporting of suicide in print, radio, TV, online, in public spaces and on social media is important. Mindframe was contracted by the Black Dog Institute to work with all the LifeSpan Trial sites around safe communication and media reporting.

### Mindframe training for Central Coast media

- Mindframe conducted an audit of print based media articles to assess the use of safe & supportive language. Mindframe training was then offered to local media:
  - » ABC Radio
  - » Central Coast Advocate
  - » Coast Community News
  - » Peninsula News

**Consider the language you use**

Issue	Problematic	Preferred
Presenting suicide as a desired outcome	'successful suicide', 'unsuccessful suicide'	'died by suicide', 'took their own life'
Associating suicide with a crime or sin	'committed suicide', 'commit suicide'	'took their own life', 'suicide death'
Sensationalising suicide	'suicide epidemic'	'increasing rates', 'higher rates'
Language glamourising a suicide attempt	'failed suicide', 'suicide bid'	'suicide attempt', 'non-fatal attempt'
Gratuitous use of the term 'suicide'	'political suicide', 'suicide mission'	refrain from using the term suicide out of context

### Mindframe Plus training

Mindframe Plus Training covers the use of safe and supportive language when talking or writing about suicide.

In 2018 and 2019:

**Mindframe training**

**2** one-day training courses were held on the Central Coast

**48** participants from various local organisations attended



#### Moving forward:

- We will continue to promote and follow the Mindframe guidelines.
- We will avoid discussing or sharing online, graphic details of individual suicides or methods.
- We will continue to use safe and supportive language when talking and writing about mental health and suicide.



## Improving safety and reducing access to means of suicide

Means Restriction is a long-term strategy and we have much work to do. Strong connections were established and useful conversations were had around this issue.

We brought together people from a wide range of government and community managed organisations to learn from each other and work together on how to improve safety and reduce access to the means of suicide.

Organisations involved in the Practice Implementation Team (PIT) included:

- NSW Department of Justice
- NSW Police
- NSW Ambulance
- Central Coast Council
- Central Coast Mental Health Services
- Yerin Aboriginal Health Services
- Nunyara Aboriginal Health Services
- Hunter New England Central Coast Primary Health Network
- NSW Trains
- NSW National Parks & Wildlife Service
- Lifeline

Central Coast Suicide Audits by the Black Dog Institute provided local data on suicide attempts and suicide deaths. This sensitive data was used to inform how we worked on the LifeSpan Trial.



The Black Dog Institute Data team conducted 2 focus groups with the Alliance and the Means Restriction Practice Implementation Team to discuss ways the data could help understand the complex issues in suicide prevention. Suicide affects everyone and we all play a role in prevention.

### Moving forward:

We will maintain and build on existing connections and use data analysis to inform ongoing work in this area.

# Engaging and including our Aboriginal community

Core component

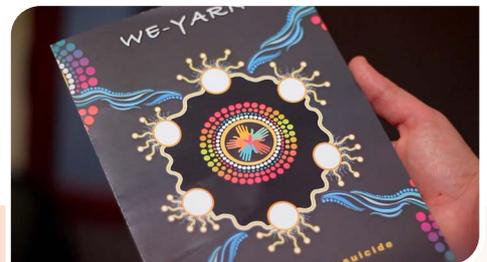
Engaging our local Aboriginal community in conversations about suicide prevention was an essential part of the LifeSpan Trial on the Central Coast.

## First Steps workshop

The First Steps Workshop with the Black Dog Institute in September 2017 gathered to talk about suicide prevention for the Aboriginal community on the Central Coast with

19

community members



## We-Yarn workshops



The Hunter New England Central Coast Primary Health Network funded We-Yarn Workshops and Applied Suicide Intervention Skills Training (ASIST) on the Central Coast.



Workshops training

**2** We-Yarn workshops were delivered with **22** people attending

The Community wanted to have more of these workshops to facilitate healing and safe yarning about suicide

**Applied Suicide Intervention Skills Training (ASIST)** was delivered with

**10** people attending



*"We need things community led and owned"*  
 Alliance member

## Aboriginal Community Reference Group

The first Aboriginal Community Reference Group met in December 2018 with **9** community members attending.

Key points identified were that strategies should be:

- Part of a longer plan for Aboriginal Communities, not short-term
- Aboriginal community led and culturally appropriate

Solutions that were identified were to increase awareness in the Aboriginal community:

- About how to have a yarn about suicide
- Around recognising the signs when someone is distressed
- Of where to get help with culturally appropriate information



*"It's allowed me to strengthen and build on the partnerships in the Alliance and to have a voice for my community and mob"*  
 Alliance member

### Moving forward:

We will continue to engage, include, value and learn from our Aboriginal community.

# Engaging and including our gender and sexually diverse community

Core component



Engaging and including gender and sexually diverse communities and individuals in suicide prevention strategies and interventions leads to culturally appropriate care and resources.

The LifeSpan Trial linked in and worked closely with gender and sexually diverse communities on the Central Coast and the organisations that are supportive. These included:

- ACON Hunter
- PRIDE Central Coast
- Rainbow Inclusion
- Naughty Noodle
- PFLAG - Parents and Friends of Lesbian and Gays
- School-Link - Children and Adolescent Mental Health (CAMHs)
- headspace
- HIV and related programs

*"The level of cooperation LifeSpan and the Alliance has engendered has been of great significance"*  
*Alliance member*

## Moving forward:

We will continue to engage, include and value our sexual and gender diverse community in our Alliance and working groups.

# Post suicide support protocol

During the LifeSpan Central Coast trial it became clear that a strategic and coordinated response to a death by suicide was needed to support individuals, families and communities on the Central Coast.

- Mindframe conducted a workshop on the Central Coast with **18** key stakeholders to map out the current situation and gaps.
- A working group was formed to develop a Post Suicide Support Protocol for the Central Coast to:
  - » Ensure a coordinated and effective response to a death by suicide
  - » Foster community capacity in minimising community distress or contagion following a death by suicide
  - » Address potential media interest



## Moving forward:

We will continue to work together to finalise, implement and evaluate the Central Coast Post Suicide Support Protocol.

# Suicide Prevention Central Coast Alliance

It was a big 2.5 years for the Suicide Prevention Central Coast Alliance! A lot has been achieved but there is more to do.

Conversations that begin on the basis of a shared determination to reduce suicides often result in unexpected opportunities to work together. The relationships that emerged from working collaboratively helped build stronger communities and a greater sense of belonging for everyone involved.

Watch this short video to hear more about what we did in the Central Coast LifeSpan Trial .



## What's next after LifeSpan?

### **Suicide prevention work on the Central Coast will involve:**

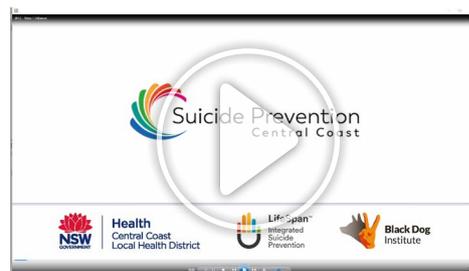
- The implementation of the Suicide Prevention Central Coast Alliance Strategic Plan 2020 - 2025.
- Working with the Hunter New England Central Coast Primary Health Network on developing their Mental Health and Suicide Prevention Plan for the region.
- The implementation of the NSW Health Towards Zero Suicides initiatives.
- Being guided by the NSW Government Strategic Framework for Suicide Prevention in NSW 2018 - 2023.

The Suicide Prevention Central Coast Alliance looks forward to continue its work with the Central Coast community to change the culture around suicide. It will continue to meet and it is hoped membership will continue to grow. New members keen to contribute and play their role in suicide prevention will be warmly welcomed. Get in touch!

# Suicide prevention is everyone's business

More future directions have been outlined in our "moving forward section" under each strategy.

Watch this short video to hear our Alliance members talk about future suicide prevention work on the Central Coast.



Suicide Prevention Central Coast wishes to acknowledge the extensive support provided by the Black Dog Institute throughout the LifeSpan Trial on the Central Coast. The time, resources and expertise they provided was invaluable to the success of the Trial.

Thankyou

## Be part of the change in our community.

- Ask us for a copy of our Suicide Prevention Central Coast Alliance Strategic Plan 2020 - 2025 for suicide prevention on the Central Coast
- Get in touch and get involved - [www.suicidepreventioncentralcoast.org.au](http://www.suicidepreventioncentralcoast.org.au).
- Champion the work of Suicide Prevention on the Central Coast.
- Get involved in the R U OK? Campaign.



If an emergency response is needed, please call 000

## Where to go for support

### Help with a crisis

Lifeline (24/7) .....13 11 14  
[www.lifeline.org.au](http://www.lifeline.org.au) (chat available)

Suicide Call Back Service (24/7) .....1300 656 467  
[www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

### Aboriginal services

National Indigenous Critical  
Response Service ..... 1800 805 801

Mingaletta Central Coast ..... 4342 7515  
<https://www.facebook.com/mingalettaatsicorp/>

Yerin Aboriginal Health Service ..... 4351 1040  
<https://yerin.org.au/>

### Gender & Sexually Diverse

Central Coast Pride .....4344 3567  
<https://centralcoastpride.org.au/>

PFLAG Central Coast..... 0431 863 799  
<https://pflagaustralia.org.au/locations>

QLife .....1800 184 527  
<https://qlife.org.au/>

ACON .....4962 7700 or 1800 063 060  
<https://www.acon.org.au/who-we-are-here-for/regional-nsw/#acon-hunter>

### Alcohol & other drugs

Alcohol & Drug Information  
Service (ADIS) .....1800 250 015

Alcoholics Anonymous (AA) .....4323 3890  
..... or 1300 222 222

Al-Anon Family Groups .....1300 252 666

Drug & Alcohol Services (CCLHD) ..... 4394 4880

Family Drug Support .....1300 368 186

### Domestic violence, abuse & neglect

Domestic & family violence, sexual assault  
or child abuse .....1800RESPECT or 1800 737 732

Domestic Violence Line.....1800 656 463

NSW Ageing & Disability Abuse Helpline  
(previously Elder Abuse Hotline) ..... 1800 628 221

NSW Rape Crisis.....1800 424 017

Sexual Assault Counselling Australia..1800 211 028

### Mental health & wellbeing

beyondblue Support Service .....1300 22 4636  
[www.beyondblue.org.au](http://www.beyondblue.org.au) (chat available)

headspace Gosford ..... 4304 7870  
<https://headspace.org.au/headspace-centres/headspace-gosford/>

headspace Lakehaven..... 4394 9100  
<https://headspace.org.au/headspace-centres/lakehaven/>

Kids Helpline (for ages 5 to 25) ..... 1800 551 800  
[www.kidshelpline.com.au](http://www.kidshelpline.com.au) (chat available)

Black Dog Institute  
Bite Back <https://www.biteback.org.au/>

Mensline Australia .....1300 789 987  
[www.mensline.org.au](http://www.mensline.org.au)

Mental Health Line (24/7) ..... 1800 011 511

Open Arms -  
Veterans & Family Counselling ..... 1800 011 046

Rape Crisis NSW..... 1800 424 017

Relationships Australia .....1300 364 277  
[www.relationships.org.au](http://www.relationships.org.au)

National Dementia Helpline.....1800 100 500

## eMental health resources

eCouch

<https://ecouch.anu.edu.au/welcome>

Indigenous Wellbeing

<https://mindspot.org.au/indigenous-wellbeing>

MindSpot (moderate depression & anxiety)

<https://mindspot.org.au/>

MoodGym (depression & anxiety)

<https://moodgym.com.au/>

my Compass (mild depression and anxiety)

<https://www.mycompass.org.au/>

OCD Course

<https://mindspot.org.au/oed-course>

Post-Traumatic Stress Disorder

<https://mindspot.org.au/ptsd-course>

## Other Supports

Coast Shelter – Homelessness .....4325 3540

Gambling Help NSW .....1800 858 858

G Line Gambling Help (NSW).....1800 633 635

Link2home – link to homelessness

services and support (24/7).....1800 152 152

National Debt Hotline.....1800 007 007

[www.ndh.org.au](http://www.ndh.org.au)