

## Support for you

### Lifeline Direct

Face to face counselling

[www.lifelineirect.org.au/services](http://www.lifelineirect.org.au/services)

### Mensline Australia (24/7)

1300 789 978

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

(web chat/video chat)

### Relationships Australia:

1300 364 277

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

Suicide Prevention  
Central Coast



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

### National Debt Hotline

1800 007 007

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

### 1800Respect (24/7)

(Sexual assault & domestic violence)

1800 737 732

[www.1800respect.org.au](http://www.1800respect.org.au) (web chat)

### Q Life

Qlife - LGBTQ Community

1800 184 527

[www.qlife.org.au](http://www.qlife.org.au) (web chat)

### National Indigenous Critical

Response Service (24/7)

1800 805 801

[www.thirrii.com.au](http://www.thirrii.com.au)



## Suicide & Crisis support

**In an emergency, please call 000**

**Lifeline: 13 11 14 (24/7)**

[www.lifeline.org.au](http://www.lifeline.org.au) (web chat) • text 0477 13 11 14

**Suicide Call Back Service: 1300 659 467 (24/7)**

[www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au) (web chat)

**NSW Mental Health Line: 1800 011 511 (24/7)**

**Beyond Blue: 1300 22 4636 (24/7)**

[www.beyondblue.org.au](http://www.beyondblue.org.au) (web chat/email)

**Kids Helpline: 1800 551 800 (24/7)**

[www.kidshelpline.com.au](http://www.kidshelpline.com.au) (web chat/email)

# FREE online self-help tools to help with depression and anxiety



**MyCompass** (mild depression & anxiety)

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

**Mindspot** (moderate depression & anxiety)

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

**Moodgym** (depression & anxiety)

[www.moodgym.com.au](http://www.moodgym.com.au)

**eCouch** (depression & anxiety)

[www.ecouch.com.au](http://www.ecouch.com.au)

**Indigenous Wellbeing**

(mild, moderate & severe depression & anxiety)

[www.mindspot.org.au/indigenous-wellbeing](http://www.mindspot.org.au/indigenous-wellbeing)

**Post-Traumatic Stress Disorder (PTSD)**

[www.mindspot.org.au/ptsd-course](http://www.mindspot.org.au/ptsd-course)

**Obsessive Compulsive Disorder (OCD)**

[www.mindspot.org.au/ocd-course](http://www.mindspot.org.au/ocd-course)



Health  
Central Coast  
Local Health District

PRIMARY  
HEALTH  
NETWORK



Black Dog  
Institute