

Support Services

Alcoholics Anonymous Australia

1300 222 222
aa.org.au

Beyond Blue

1300 22 4636
beyondblue.org.au
Support for depression, anxiety
and related disorders

Counselling Online

counsellingonline.org.au
Free alcohol and drug counselling online

DirectLine

1800 888 236
directline.org.au
Confidential alcohol and drug
counselling and referral line

Family Drug Help

1300 660 068
sharc.org.au

Family Drug Support

1300 368 186
fds.org.au
Support for families faced with
problematic drug use

Headspace

1800 650 890
headspace.org.au
National Youth Mental Health Foundation

Kids Helpline

1800 55 1800
kidshelpline.com.au
Free and confidential telephone and
online counselling service for young
people aged between five and 25

Lifeline

13 11 14
lifeline.org.au
Confidential telephone counselling

Mensline Australia

1300 789 978
mensline.org.au

Mental Health Foundation Australia

1300 643 287
mhfa.org.au

Narcotics Anonymous Australia

1300 652 820
na.org.au

National Alcohol and Other Drug Hotline

1800 250 015
campaigns.health.gov.au/drughelp

National Sexual Assault, Domestic and Family Violence Counselling

1800 RESPECT
1800respect.org.au

Relationships Australia Helpline

1300 364 277
relationships.org.au
Provider of relationship support services

SANE Australia Helpline

1800 187 263
sane.org

Suicide Call Back Service

1300 659 467
suicidecallbackservice.org.au

Youth Drug and Alcohol Advice Line

1800 458 685
yodaa.org.au
Telephone information and advice for young
people and others concerned about them

1800 ICE ADVICE

1800 423 238
Advice and support for people who use
ice, their families and health professionals



FINE TUNING
AUTOMOTIVE MENTAL HEALTH



VACC
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