


First Nations Mental Health and Wellbeing Services and Supports



Is talk of the
Aboriginal and
Torres Strait
Islander Voice
affecting you?

First Nations Mental Health and Wellbeing Services and Supports

First Nations-specific Services and Supports

<p>13YARN</p>	<p> 13 92 76</p>	<p>24/7 crisis line run by Aboriginal and Torres Strait Islander people, for Aboriginal and Torres Strait Islander people. Free and confidential service available from any mobile or pay phone.</p> <p>Find more information at 13yarn.org.au</p>
<p>Aboriginal and Torres Strait Islander health and medical services</p>	<p>Find a health and medical service near you at this link healthinonet.ecu.edu.au/key-resources/health-professionals/health-workers/map-of-aboriginal-and-islander-healthmedical-services/?targetlocation%5b%5d=6&pagenum=1&sorter=1</p>	<p>Aboriginal and Torres Strait Islander Health and Medical Services operate in all states and territories in Australia, delivering a wide variety of culturally appropriate health care to the community.</p>
<p>AIMhi Stay Strong</p>	<p>AIMhi Stay Strong is available from App Store and Google Play Store</p>	<p>The AIMhi Stay Strong App is a motivational care planning tool that assists health professionals to promote the wellbeing of First Nations clients by considering their social supports, strengths, worries and the goals or changes they would like to make. Find out more information at: Menzies School of Health Research</p>

First Nations-specific Information and Resources

<p>R U OK?</p>	<p>Find information and resources at ruok.org.au/strongertogether and ruok.org.au/chit-chat-channel</p>	<p>For stories and practical tips to help support others and ask your mob, in your way, R U OK?</p>
<p>Gayaa Dhuwi (Proud Spirit) Australia</p>	<p>Find information and resources at gayaadhuwi.org.au</p>	<p>National peak body for Aboriginal and Torres Strait Islander social and emotional wellbeing, mental health, and suicide prevention.</p>



Help is available, find out more:
health.gov.au/voice-mental-health-support

National Aboriginal Community Controlled Organisation (NACCHO)	Find information and resources at naccho.org.au/naccho-map/	National peak body representing 145 Aboriginal Community Controlled Health Organisations (ACCHOs) across the country on Aboriginal health and wellbeing issues.
National Centre for Aboriginal and Torres Strait Islander Wellbeing Research	Find information and resources at nceph.anu.edu.au/research/projects/mental-health-and-wellbeing-lead-voice-parliament-referendum	The National Centre for Aboriginal and Torres Strait Islander Wellbeing Research have developed evidence-based factsheets about the mental health and wellbeing of First Nations peoples in the lead up to the Voice referendum. There are five factsheets about how to support First Nations peoples during the referendum, tailored to different audiences including Aboriginal and Torres Strait Islander peoples, non-Indigenous people and health service providers.
The Healing Foundation	Find information and resources at healingfoundation.org.au	National Aboriginal and Torres Strait Islander organisation that provides a platform to amplify the voices and lived experience of Stolen Generations survivors and their families.
WellMob	Find information and resources at wellmob.org.au	Online resources for Aboriginal and Torres Strait Islander frontline health and wellbeing workers. Includes websites, apps, podcasts, videos, helplines, social media and online programs with a focus on social and emotional wellbeing.
Centre of Best Practice in Aboriginal and Torres Strait Islander Suicide Prevention (CBPATSISP)	Find information and resources at cbpatsisp.com.au	Australia's leading voice on Indigenous suicide. Promotes evidence-based suicide prevention practice that empowers individuals, families and communities and respects their culture.

Information and Resources on the referendum to change the constitution to recognise the First Peoples of Australia by establishing an Aboriginal and Torres Strait Islander Voice

Australian Electoral Commission (AEC)	Find information and resources at aec.gov.au/referendums/	voice.gov.au	Find information and resources at voice.gov.au
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Help is available, find out more:
health.gov.au/voice-mental-health-support

Information and Resources about reporting racism and staying safe online

Australian Human Rights Commission	Find information on reporting racism you have experienced or witnessed at itstopswithme.humanrights.gov.au/take-action/responding-to-racism
Australian Health Practitioner Regulation Agency (Ahpra)	Find information on what to do if you have concerns about a health practitioner at ahpra.gov.au/Notifications/Concerned-about-a-health-practitioner.aspx
eSafety Commissioner	Find resources about staying safe online at esafety.gov.au/first-nations

Other Services and Supports, Information and Resources

Lifeline	 13 11 14	24/7 crisis support and suicide prevention services for anyone experiencing emotional distress. Find more information at lifeline.org.au
Lifeline Text	 0477 13 11 14	24/7 crisis support via one-to-one text with a trained Lifeline Crisis Supporter. Find more information at lifeline.org.au/crisis-text/
Beyond Blue Support Service	 1300 22 46 36	24/7 brief counselling support for anyone concerned about mental health, particularly anxiety, depression and suicide. Find more information at beyondblue.org.au/get-support/talk-to-a-counsellor
1800 RESPECT	 1800 737 732	24/7 information, counselling and support service to support people impacted by sexual assault, domestic or family violence and abuse.
National Alcohol and Other Drug Helpline	 1800 250 015	24/7 hotline for anyone affected by alcohol or other drugs. Support includes counselling, advice and referral to local services.
Kids Helpline	 1800 551 800	24/7 online and phone counselling service for young people aged 5 to 25. Qualified counsellors available via WebChat, phone or email anytime and for any reason. Find more information at kidshelpline.com.au
ReachOut	Find information at au.reachout.com	Online youth mental health and wellbeing support service that provides information, support and tools for young people, including an anonymous online chat service.



Help is available, find out more:
health.gov.au/voice-mental-health-support

headspace	Find information at headspace.org.au	Support for young people aged 12-25 experiencing, or at risk of experiencing mild to moderate mental illness.
Qlife	☎ 1800 184 527 (3pm-midnight)	LGBTIQ+ peer support and referral for people in Australia wanting to talk about sexuality, identity, gender, bodies, feelings or relationships. Find more information at qlife.org.au
Carers Australia	☎ 1800 422 737	Nationwide network of Carer Gateway service providers delivering support services to unpaid carers including counselling, peer support, information and advice, online supports, and local services. Find more information at carersaustralia.com.au/support-for-carers/carer-gateway/
Head to Health	☎ 1800 595 212	For anyone seeking free information or advice on the best mental health supports available for themselves, or someone they care about. Find more information at headtohealth.gov.au . Includes Head to Health adult mental health centres that provide a safe and welcoming space for adults, their family and friends, who may be in distress or crisis, or need help finding the right mental health services for their individual needs. Visit your nearest centre headtohealth.gov.au/head-to-health-services#locations .
Primary Health Networks (PHNs)	Find a PHN near you at health.gov.au/our-work/phn/contacts	PHNs assess the needs of their community and commission mental health and suicide prevention services so that people in their region can get coordinated care where and when they need it.



Help is available, find out more:
health.gov.au/voice-mental-health-support

State and territory mental health crisis lines

These lines are run by state governments. They respond to urgent requests to help people in mental health crisis. A mental health crisis can include: a psychotic episode; self-harm; feeling suicidal and feeling out of control. It might be the flare-up of an existing condition like schizophrenia or someone's first experience of mental illness.

These services assess a person with a mental illness to determine the type and urgency of the response required from mental health or other services. They are often run by a crisis assessment and treatment team made up of mental health professionals such as psychiatric nurses, social workers, psychiatrists and psychologists.

ACT

Mental Health Crisis Assessment Triage Team

 **1800 629 354**

Access Mental Health offer mental health services that are available 24 hours a day, 7 days a week. These services give you access to assessment and treatment services and offer advice and information on a range of mental health issues.

NSW

NSW Mental Health Line

 **1800 011 511**

Mental Health Line offers: professional help and advice and referrals to local mental health services. It is staffed by mental health professionals who will ask questions to determine if you or, the person you are concerned about, needs ongoing mental health care and how urgently it is needed.

NT

Northern Territory Mental Health Line

 **1800 682 288**

Mental health line for people in NT.

QLD


24 Hour Assessment and Referral Line

 **1300 642 255**

Confidential mental health telephone triage service that provides the first point of contact to public mental health services to Queenslanders. Available 24 hours a day, 7 days a week and will link to the caller's nearest Queensland Public Mental Health service.

SA


Mental Health Triage Service 24/7

 **13 14 65**

This service: is the main point of access into public mental health services; can provide advice and information in a mental health emergency or crisis situation; is staffed by mental health clinicians; and will assess and refer to acute response teams where appropriate.

TAS


Mental Health Services Helpline

 **1800 332 388**

For confidential advice and assessment about mental illness and services. The helpline is a triage service run by our community mental health clinicians. This means we work out what type of treatment or service you may need. We may refer you to a specialist mental health service or provide details for another service to assist you.

VIC


Suicide Line Victoria

 **1300 651 251**

Free counselling and support for people at risk of suicide and anyone experiencing mental health issues.

WA

Mental Health Emergency Response Line

 **1800 555 788** (Metro)

 **1800 676 822** (Peel)

 **1800 552 002** (Rural)

Provides contact with a trained mental health clinician who can provide: mental health assessment; crisis support, crisis planning and brief intervention; mental health system navigation; mental health information and advice; referral to a mental health or emergency service when more than telephone support is required. The service aims to keep individuals safe during a mental health crisis by connecting them with appropriate support services.



Help is available, find out more:
health.gov.au/voice-mental-health-support



Australian Government
Department of Health
and Aged Care

Take care of
YOURSELF
and your **MOB**

