

# Defence, veteran and family supports



Open Arms Veterans & Families Counselling and 24/7 crisis support

1800 011 046 | [openarms.gov.au](http://openarms.gov.au)

## Veteran supports and resources

**ADF All-hours Support line**

1800 628 036

**Defence Member and Family Helpline**

1800 624 608

**ADF Chaplain**

Via the Defence switchboard

1300 333 362

**Engage**

[engage.forcenet.gov.au](http://engage.forcenet.gov.au)

**Fighting Fit**

[defence.gov.au/adf-members-families/wellbeing](http://defence.gov.au/adf-members-families/wellbeing)

## Other supports and resources

**Lifeline**

13 11 14 | Text 24/7 0477 13 11 14 | [lifeline.org.au](http://lifeline.org.au)

**Beyond Blue**

1300 224 636 | [forums.beyondblue.org.au](http://forums.beyondblue.org.au)

**Suicide Call Back Service**

1300 659 467 | [suicidecallbackservice.org.au](http://suicidecallbackservice.org.au)

**MensLine Australia**

1300 789 978 | [mensline.org.au](http://mensline.org.au)

**Head to Health national mental health website**

[headtohealth.gov.au](http://headtohealth.gov.au)