

# Support services

## Bushfire disaster

Mental health support for bushfire affected communities: [lifeinmindaustralia.com.au/mental-health-support](https://lifeinmindaustralia.com.au/mental-health-support)

Australian Government bushfire disaster assistance line including mental health support: 180 22 66

Australian Red Cross: [redcross.org.au/get-help/emergencies/looking-after-yourself](https://redcross.org.au/get-help/emergencies/looking-after-yourself)

Phoenix Australia Centre for Posttraumatic Mental Health: [phoenixaustralia.org/recovery](https://phoenixaustralia.org/recovery)

## Adult

Lifeline Bushfire Recovery Line: 13 43 57

[lifeline.org.au](https://lifeline.org.au)

Suicide Call Back Service: 1300 659 467

[suicidecallbackservice.org.au](https://suicidecallbackservice.org.au)

Beyond Blue: 1300 224 636

[beyondblue.org.au/forums](https://beyondblue.org.au/forums)

MensLine Australia: 1300 789 978

[mensline.org.au](https://mensline.org.au)

GriefLine: 1300 845 745

## Youth

Kids Helpline: 1800 551 800

[kidshelpline.com.au](https://kidshelpline.com.au)

headspace: 1800 650 890

[headspace.org.au](https://headspace.org.au)

ReachOut: [au.reachout.com](https://au.reachout.com)

## Other resources

Head to Health: mental health portal

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

*Life in Mind*: suicide prevention portal

[lifeinmindaustralia.com.au](https://lifeinmindaustralia.com.au)

SANE forums: [saneforums.org](https://saneforums.org)

Aboriginal and Torres Strait Islander: [healthinonet.ecu.edu.au](https://healthinonet.ecu.edu.au)

Lesbian, gay, bisexual, trans, and/or intersex: 1800 184 527 | [qlife.org.au](https://qlife.org.au)

Culturally and linguistically diverse: [embracementalhealth.org.au](https://embracementalhealth.org.au)