

List of Australia-wide general support resources for parent participants



Service	Contact information	
<p>1800RESPECT is a free Australia-wide counseling helpline to support for people experiencing violence and abuse.</p>	<p>Phone: 1800 RESPECT (1800 737 732) 24 hours / 7 days a week</p>	<p>Website: https://www.1800respect.org.au/</p>
<p>beyondblue aims to increase awareness of <u>depression</u> and <u>anxiety</u> and <u>reduce stigma</u>.</p>	<p>Phone: 1300 22 4636 24 hours / 7 days a week</p>	<p>Website: https://www.beyondblue.org.au/</p>
<p>Blue Knot Foundation Helpline (formerly ASCA Professional Support Line) provides help, information, support or referrals for adult survivors of <u>childhood trauma and abuse</u>, their partners, family and friends, health professionals and anyone in the workplace working with people who have experienced childhood trauma and abuse.</p>	<p>Phone: 1300 657 380 9 am-5 pm (AEST) / 7 days a week</p>	<p>Website: https://blueknot.org.au/</p>
<p>Butterfly Foundation's National Helpline, ED HOPE, is a free, confidential service that provides information, counselling and treatment referral for <u>people with eating disorders</u>, and <u>body image</u> and related issues.</p>	<p>Phone: 1800 33 4673 8 am - 12 am (midnight) (AEST) 7 days a week</p>	<p>Website: https://butterfly.org.au/</p>
<p>eheadspace provides mental health and wellbeing support, information and services to young people aged 12 to 25 years and their families.</p>	<p>Phone: 1800 650 890 9 am - 1 am (AEST) 7 days a week</p>	<p>Website: https://headspace.org.au/</p>
<p>Family Relationships Advice Line is a national telephone service that helps families affected by relationship or separation issues.</p>	<p>Phone: 1800 050 321 8 am - 8 pm - Monday to Friday 10 am - 4 pm - Saturday</p>	<p>Website: https://www.familyrelationships.gov.au/</p>



<p>Kids Helpline is Australia's only free confidential and private counseling service specifically for children and young people aged 5 to 25.</p>	<p>Phone: 1800 55 1800 <i>24 hours / 7 days a week</i></p>	<p>Website: https://kidshelpline.com.au/</p>
<p>Lifeline provides crisis counselling, support groups and suicide prevention services. Text or live chat online also available.</p>	<p>Phone: 13 11 14 <i>24 hours / 7 days a week</i></p>	<p>Website: https://www.lifeline.org.au/</p>
<p>MensLine Australia is a professional telephone and online support and information service for <u>Australian men</u>.</p>	<p>Phone: 1300 78 99 78 <i>24 hours / 7 days a week</i></p>	<p>Website: https://mensline.org.au/</p>
<p>MindSpot is a free telephone and online service for people with <u>stress</u>, worry, anxiety, low mood or depression. It provides online assessment and treatment for anxiety and depression. MindSpot is not an emergency or instant response service.</p>	<p>Phone: 1800 61 44 34 <i>8 am - 8 pm - Monday to Friday</i> <i>8 am - 6 pm - Saturday</i></p>	<p>Website: https://www.mindspot.org.au/</p>
<p>QLife provides nationwide telephone and web-based services to support lesbian, gay, bisexual, transgender and intersex (<u>LGBTI</u>) people of all ages.</p>	<p>Phone: 1800 184 527 <i>3 pm - 12 am (midnight) (AEST)</i> <i>7 days a week</i></p>	<p>Website: https://qlife.org.au/</p>
<p>SANE Australia provides support, training and education enabling those with a <u>mental illness</u> to lead a better life.</p>	<p>Phone: 1800 18 7263 <i>10 am - 10 pm (AEST)</i> <i>Monday to Friday</i></p>	<p>Website: https://www.sane.org/</p>
<p>Suicide Call Back Service provides support if you or someone you know is feeling suicidal via phone, live chat or video chat support.</p>	<p>Phone: 1300 659 467 <i>24 hours / 7 days a week</i></p>	<p>Website: https://www.suicidecallbackservice.org.au/</p>