

General Health and Medical Support

Queensland Health

- Phone: 13HEALTH (13 43 25 84)
- Website: www.health.qld.gov.au
- Free non-urgent, confidential medical health advice over the phone, available 24/7.

Crisis and Emergency Support

Lifeline

- Phone: 13 11 14 (24hrs)
- Website: www.lifeline.org.au/get-help
- 24/7 phone counselling and online crisis support chat available each evening.

Suicide Call Back Service

- Phone: 1300 659 467 (24hrs)
- Website: www.suicidecallbackservice.org.au
- National 24/7 professional telephone and online counselling for anyone affected by suicide.

Mental Health Support

Beyond Blue Support Service

- Phone: 1300 224 636 (24hrs)
- Website: www.beyondblue.org.au
- Telephone, online, and email counselling for people going through a tough time.

Sane Australia

- Phone: 1800 187 263
- Website: www.sane.org
- Information on mental health disorders and treatment, and moderated forums providing peer-to-peer support.

Black Dog Institute

- Website: www.blackdoginstitute.org.au
- Facility for diagnosis, treatment, and prevention of mood disorders such as depression, anxiety, and bipolar disorder.

Batyr

- Website: www.batyr.com.au
- For-purpose preventative mental health organisation, created and driven by young people, for young people.

Domestic and Family Violence Support

1800RESPECT

- Phone: 1800 737 732 (24hrs)
- Website: www.1800respect.org.au
- Phone and online counselling for people seeking help for themselves or someone else in domestic violence situations.

DV Connect

- Phone: 1800 811 811
- Website: www.dvconnect.org
- Free service providing safety planning, crisis counselling, and referrals regarding domestic, family, and sexual violence.

Youth and Children's Services

Kids Helpline

- Phone: 1800 551 800
- Website: kidshelpline.com.au
- Free, private, and confidential telephone and online counselling service for children and young adults aged 5-25 years.

Parentline

- Phone: 1300 301 300
- Website: parentline.com.au
- Confidential telephone service providing professional counselling and support for parents and carers of children.

Reach Out

- Website: au.reachout.com
- Online mental health services for young people and their parents, including peer support and referral tools.

YourTown

- Phone: (07) 3368 3399
- Website: www.yourtown.com.au
- Services for young people to help find jobs, learn skills, become great parents, and live safer, happier lives.

Ipswich Community Youth Service

- Phone: (07) 3812 1050
- Website: www.icys.org.au
- Provides vital services to young people in Ipswich, including employment and training, housing, and education engagement.

Family and Relationship Support

Relationships Australia

- Phone: 1300 364 277
- Website: www.relationships.org.au
- Leading provider of relationship support services for individuals, families, and communities.

Mensline Australia

- Phone: 1300 78 99 78
- Website: mensline.org.au
- Advice, therapy, and support for men with family and relationship concerns.

Talking Families

- Phone: (07) 3900 6000
- Website: www.talkingfamilies.qld.gov.au
- Empowering parents to ask for and accept help with parenting issues early before they become crises.

Specific Issues and Support

Butterfly Foundation

- Phone: 1800 33 4673 (8am-12am)
- Website: www.thebutterflyfoundation.org.au
- Information, web counselling, email/phone support, and referrals for people concerned about eating disorders.

Quitline

- Phone: 13 7848
- Website: quithq.initiatives.qld.gov.au
- Telephone service dedicated to helping Queenslanders quit smoking.

Cultural and Indigenous Support

Wellmob

- Website: wellmob.org.au
- Social, emotional, and cultural wellbeing online resources for Aboriginal and Torres Strait Islander people.

Specialised Support and Resources

Headspace

- Phone: (03) 9027 0100
- Website: [headspace.org.au](https://www.headspace.org.au)
- General health support, information, and services for young people and their families.

ADIS

- Phone: 1800 177 833
- Website: adis.health.qld.gov.au
- 24/7 confidential support service for people in Queensland with alcohol and other drug concerns.

Open Arms

- Phone: 1800 011 046
- Website: www.openarms.gov.au
- Individual, couple, and family counselling for veterans and their families to help improve resilience, mental health, and wellbeing.

Online Safety and Bullying Prevention

eSafety Commissioner

- Website: www.esafety.gov.au
- Promotes online safety education for Australian young people, educators, and parents.

Bullying. No Way!

- Website: bullyingnoway.gov.au
- Australia's key bullying prevention initiative, connecting schools and communities to find workable solutions to bullying and violence.

Think U Know

- Website: www.thinkuknow.org.au
- Engages educators, parents, and carers to raise awareness about preventing online child sexual exploitation.

Additional Support Services

ParentWorks

- Website: parentworks.org.au
- Online program providing evidence-based parenting strategies for Australian parents and caregivers.

Mental Health Online

- Website: www.mentalhealthonline.org.au
- Free online programs for a range of issues, with self-guided or therapist support options.

Livin Well

- Website: livin.org
- Promoting wellness and positive living for young people through education programs.

Arafmi

- Phone: 1300 554 660
- Website: arafmi.com.au
- Providing quality support, education, and advocacy services to people with mental illness, their families, and carers.

By You

- Phone: 1300 224 636
- Website: beyou.edu.au
- Mental health initiative supporting educators to develop a positive, inclusive, and resilient learning community.

Reconnect

- Phone: 1300 114 397
- Website: www.dss.gov.au
- Community-based early intervention and prevention program for young people who are homeless or at risk of homelessness.

Hilda's House

- Phone: (07) 3812 1163
- Website: www.ipswichhospice.org.au
- Bereavement support services provided by the Ipswich Hospice Social Worker and a team of experienced support volunteers.

The Smith Family

- Phone: 1800 024 069
- Website: www.thesmithfamily.com.au
- Helping disadvantaged Australian children to get the most out of their education so they can create better futures for themselves.