

# support and resources

headspace Caloundra is not a crisis service and we cannot respond in an emergency. Please call 000 for urgent support. See below for a range of other support services and resources.

## **Emergency services 000**

If you need immediate help or are at risk of harm to yourself or others, call 000 now.

## **Lifeline 13 11 14**

Confidential service providing support to anyone in Australia who is feeling overwhelmed, having difficulty coping or thinking about suicide.

## **Kids Helpline 1800 55 1800**

Australia's only free support service specifically for children and young people aged 5 to 25 years, offering confidential and private counselling and mental health and wellbeing information and referrals.

## **13YARN 13 92 76**

The first national crisis support line for mob who are feeling overwhelmed or having difficulty coping. Confidential one-on-one with an Aboriginal or Torres Strait Islander Crisis supporter.

## **1300 MH CALL – 1300 64 22 55**

A free, 24/7 service offering advice and information in a mental health emergency or crisis.

Further information about this service can be found [here](#)



## **Medicare Mental Health Hubs and Phone Support:**

Medicare Mental Health is a free, confidential service that supports Australians to access mental health and wellbeing services. Whether you are looking for mental health support for yourself, someone you care about, or just trying to improve your wellbeing,

**Check out Medicare Mental Health [here](#) or call 1800 595 212**

Please note; Medic is not an emergency or crisis service.

## **Parentline**

Parentline is a confidential telephone service providing professional counselling and support in Queensland and Northern Territory.

**See what else Parentline has to offer [here](#) or call 1300 30 1300**



## **headspace online services**

headspace has developed **online resources** that can be accessed by setting up your own **free** and **confidential account**.





Through this account you can access:

- 1:1 support with a mental health clinician online or on the phone
- Weekly online clinician led community **chats** on specific topics
- Peer chats to connect with others experiencing similar issues
- Online tools and resources to build your own **personalised toolkit**
- Work and Study specialist support

**Sign up for your very own  
headspace account [here](#).**



## **get in touch.**

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