

Helpline/Counselling service	Description	24 hour service?	Contact
1800 THE LINE	A national relationships helpline for young people to talk to someone about the relationship issues they may be experiencing, or if they are unclear about where to draw the line between what is, or is not, a respectful relationship.	Yes	<b>Freecall:</b> <b>1800 695 463</b> <a href="#">THE LINE(link is external)</a>
1800 RESPECT	A national sexual assault, family and domestic violence counselling line for anyone who has experienced, or is at risk of, physical or sexual violence. This service is designed to meet the needs of people with disabilities, Indigenous Australians, young people and callers from culturally and linguistically diverse backgrounds.	Yes	<b>Freecall:</b> <b>1800 RESPECT</b> <b>(1800 737 732)</b> <a href="#">1800 RESPECT(link is external)</a>
Blue Knot Helpline	Staffed by trained trauma-informed counsellors, this support line offers information, support and referral to adult survivors of childhood trauma and abuse, and partners, family and friends of survivors.	No	<b>Ph: 1300 657 380</b>  9 am - 5 pm (AEST), 7 days a week <a href="#">Blue Knot Helpline(link is external)</a>  (staff will respond to voicemail messages left outside of these hours if permission is explicitly given by caller)
Australian Breastfeeding Association	Provides breastfeeding information and support to mothers, their support networks (e.g., other family members) and health professionals.	Yes	<b>Freecall:</b> <b>1800 686 268</b>

Helpline/Counselling service	Description	24 hour service?	Contact
			<a href="#">Breastfeeding Helpline(link is external)</a>
Bravehearts Information and Support Line	Open to anyone wanting information, advice, referrals and support regarding child sexual assault.	No	<b>Freecall: 1800 272 831</b>  Mon-Fri: 8:30 am - 4:30 pm (AEST)  (hours vary on public holidays)  <a href="#">Bravehearts Information and Support Line(link is external)</a>
Child Wise-National Child Abuse Prevention Helpline	Confidential support service for individuals, organisations, professionals and parents requiring assistance with child protection. A compassionate and professional team of trained counsellors can assist with any enquiry or report relating to child sexual abuse, including information and support for people navigating the Royal Commission into Institutional Responses to Child Sexual Abuse.	No	<b>Freecall: 1800 99 10 99</b>  Mon-Fri: 9 am - 5 pm (AEST)  <a href="#">Child Wise National Abuse Helpline(link is external)</a>
Counselling Online	A free online and SMS/text-based service providing assistance to Australian residents concerned about alcohol and other drugs	Yes	<a href="#">Counselling Online(link is external)</a>
DrugInfo (Alcohol and Drug Foundation)	A telephone and online service for anyone who needs relevant, up-to-date information about alcohol and other drugs	Yes	<b>Ph: 1300 858 584</b>  <a href="#">DrugInfo(link is external)</a>

Helpline/Counselling service	Description	24 hour service?	Contact
eheadspace	A free and confidential telephone and online service for young people aged 12-25. Qualified youth mental health professionals provide support to young people worried about their mental health or experiencing issues such as depression, bullying and isolation. Support is also available to concerned parents or carers.	No	<b>Freecall: 1800 650 890</b>  9 am – 1 am (AEST), 7 days a week  <a href="#">eheadspace(link is external)</a>
Family Drug Support Australia	A telephone support services for users, families and carers in crisis due to alcohol and other drug use	Yes	<b>Ph: 1300 368 186</b>  <a href="#">Family Drug Support Australia(link is external)</a>
Family Relationship Advice Line	Provides information on family relationship issues and advice on parenting arrangements after separation. It is for anyone -including step-parents, young people and friends - affected by family relationship or separation issues. Referrals to local services are also offered.	No	<b>Freecall: 1800 050 321</b>  Mon-Fri: 8 am - 8 pm Sat: 10 am - 4 pm (excluding national public holidays).  <a href="#">Family Relationship Advice Line(link is external)</a>
Gambling Help	Provides counselling for individuals and families affected by a gambling concern.	Yes	<b>Freecall: 1800 858 858</b>  <a href="#">Gambling HelpOnline(link is external)</a>

Helpline/Counselling service	Description	24 hour service?	Contact
GriefLine	Provides support to people experiencing loss and grief, at any stage in life. Also provides online counselling.	No	<b>Ph: 1300 845 745</b> (National Landline only)  <b>Ph: (03) 9935 7400</b> (National & Metro Melbourne)  Midday - 3 am (AEST) 7 days a week  <a href="#">GriefLine(link is external)</a>
Lifeline	A generalist and crisis telephone counselling, information and referral service, provided by trained volunteers who are supported by professional staff.	Yes	<b>Ph: 13 11 14</b>  <a href="#">Lifeline(link is external)</a>
MensLine Australia	A telephone and online support service for men with family and relationship concerns. MensLine is staffed by professional counsellors who are experienced in men's issues.	Yes	<b>Ph: 1300 78 99 78</b>  <a href="#">MensLine Australia(link is external)</a>
Men's Referral Service	Offers a confidential telephone service provided for men by men. For men who want to stop their violent or abusive behaviour towards their family members. Women can also seek information and help for their male partner, husband, relative or friend.	No*	<b>Ph: 1300 766 491</b>  Mon-Fri: 9 am - 9 pm  <a href="#">No to Violence - Men's Referral Service(link is external)</a>  *Service is available 24 hours in

Helpline/Counselling service	Description	24 hour service?	Contact
			Tasmania and NSW.
Mind Australia Carer Helpline	Provides free, confidential information, support and referral for family, carers, and friends of people with a mental illness.	No	<b>Ph: 1300 554 660</b>  Mon-Fri: 9 am - 5 pm (AEST)  <a href="#">Mind Australia(link is external)</a>
Miracle Babies Foundation	A free support helpline for families with a threatened pregnancy, with a premature baby in a Neonatal Intensive Care Unit or Special Care Nursery or those transitioning to home and onwards. Support is provided by trained family support volunteers.	Yes	<b>Ph: 1300 622 243</b>  <a href="#">Miracle Babies Foundation(link is external)</a>
PANDA (Perinatal Anxiety and Depression Australia)	Provides confidential counselling, support, information and referrals to local services for anyone affected by perinatal (during pregnancy and after birth) anxiety and depression.  The service also provides secondary consultations for health professionals.	No	<b>Ph: 1300 726 306</b>  Mon-Fri: 10 am - 5 pm (AEST)  If the matter is non-urgent or after hours leave a message and the call will be returned as soon as possible.  <a href="#">PANDA National Helpline(link is external)</a>

Helpline/Counselling service	Description	24 hour service?	Contact
Pregnancy, Birth and Baby Helpline	Offers free and confidential counselling support and information about pregnancy, infancy and children up to five years of age.	No	<b>Freecall: 1800 882 436</b>  Counsellors available 7am - midnight, 7 days a week  Telephone support is offered outside of these times  <a href="#">Pregnancy, Birth and Baby Helpline(link is external)</a>
QLife	Provides early intervention, peer supported telephone counselling and referral services for people who identify as gender diverse, lesbian, gay, bisexual, trans, and/or intersex (LGBTI).	No	<b>Ph: 1800 184 527</b>  3 pm – midnight, 7 days a week  <a href="#">QLife(link is external)</a>
Red Nose Grief and Loss Support Line	A free bereavement support line for anyone affected by the unexpected death of a baby or child during birth, pregnancy or infancy, regardless of the cause. A trained volunteer parent is available to chat, advocate and assist with support and services.	Yes	<b>Freecall: 1300 308 307</b>  <a href="#">Red Nose Grief and Loss(link is external)</a>
SANE Australia	Provides information, guidance, and referrals to people who are affected by or need support to manage mental health concerns	No	<b>Ph: 1800 187 263</b>  Mon-Fri 9am - 5 pm AEST

Helpline/Counselling service	Description	24 hour service?	Contact
Suicide Call Back Service	Provides telephone and online counselling to people 15 years and older who are affected by suicide	Yes	<b>Freecall:</b> <b>1300 659 467</b> <a href="#">Suicide Call Back Service</a>