



# Reconciliation **Wellbeing and Support Toolkit**

# CONTACTS FOR ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLE



## 13 YARN

13YARN is the first national crisis support line for mob who are feeling overwhelmed or having difficulty coping. We offer a confidential one-on-one yarning opportunity with a Lifeline-trained Aboriginal & Torres Strait Islander Crisis Supporter who can provide crisis support 24 hours a day, 7 days a week.

P: 13 92 76

W: [13yarn.org.au](http://13yarn.org.au)



## Brother to Brother

A 24 hour phone support for Aboriginal men who need someone to talk to about relationship issues, family violence, parenting, drug and alcohol issues or who are struggling to cope for other reasons.

P: 1800 435 799

W: [dardimunwurro.com.au/brother-to-brother/](http://dardimunwurro.com.au/brother-to-brother/)



## Yarning SafeNStrong

A free and confidential counselling service for Aboriginal and Torres Strait Islander people and families who need to have a yarn with someone about their wellbeing.

P: 1800 959 563

W: [vahs.org.au/yarning-safenstrong/](http://vahs.org.au/yarning-safenstrong/)



## Link Up NSW Aboriginal Corporation

An 18+ Social, Emotional and Wellbeing service that offers confidential support in healing journeys of those removed; delivering culturally sensitive research and reunions.

P: 1800 624 332

or 02 9421 4700 W: [linkupnsw.org.au](http://linkupnsw.org.au)

**IN AN EMERGENCY CALL 000**

# CONTACTS FOR EVERYONE



## GP

Talk to your GP about any mental health concerns and ask for a Mental Health Care Plan and referral. Medicare rebates available for a range of treatments via Mental Health Care Plan.



## Suicide Call Back Service

Provides free, phone, video and online counselling for anyone affected by suicide.

P: 1300 659 467

W: [suicidecallbackservice.org.au](http://suicidecallbackservice.org.au)



## headspace & eheadspace

Provides free online and telephone support for young people 12-25 years old, their families and friends.

P: 1800 650 890

W: [headspace.org.au](http://headspace.org.au)



## Beyond Blue

Provides information and support for people living with depression and mental illness.

P: 1300 224 636

W: [beyondblue.org.au](http://beyondblue.org.au)



## Mental Health Line NSW

Statewide and free phone service which links people with NSW Health mental health services.

P: 1800 011 511

W: [health.nsw.gov.au/mentalhealth/Pages/mental-health-line.aspx](http://health.nsw.gov.au/mentalhealth/Pages/mental-health-line.aspx)



## MensLine Australia

Telephone and online support, info and referral service to help men.

P: 1300 789 978

W: [mensline.org.au](http://mensline.org.au)



## Kids Helpline

Provides free and confidential phone and online counselling specifically for young people 5-24 years old.

P: 1800 551 800

W: [kidshelpline.com.au](http://kidshelpline.com.au)

**IN AN EMERGENCY CALL 000**



### 1800 RESPECT

Domestic family and sexual violence counselling, information and support service.

P: 1800 737 732

W: [1800respect.org.au](http://1800respect.org.au)



### Lifeline

Crisis support and suicide prevention. Counselling services for anyone, anytime.

P: 13 11 14

W: [lifeline.org.au](http://lifeline.org.au)



### Alcohol and Drug Information Service (NSW)

Confidential and free counselling helpline with concerns around alcohol and / or drug misuse.

P: 1800 250 015

W: [yourroom.health.nsw.gov.au/pages/contact-us.aspx](http://yourroom.health.nsw.gov.au/pages/contact-us.aspx)



### Carer Gateway

Free in-person and phone counselling support service for carers.

P: 1800 422 737

W: [carergateway.gov.au](http://carergateway.gov.au)



### Q Life

Provides confidential and free LGBTQIA+ peer support and referrals for people wanting to talk about sexuality, identity, gender, bodies, feelings or relationships.

P: 1800 184 527

W: [qlife.org.au](http://qlife.org.au)



### Open Arms

A free and confidential counselling service for veterans, couples and families.

P: 1800 011 046

W: [openarms.gov.au](http://openarms.gov.au)



### Relationships Australia

A provider of relationship support services for individuals, families and communities.

P: 1300 364 277

W: [relationships.org.au](http://relationships.org.au)



### Employee Assistance Programs

Counselling service provided by employers to support the emotional and psychological well being of staff both at home and at work. Speak to your employer about what they can offer.

**IN AN EMERGENCY CALL 000**