

# Mental Wellness

## CONTACTS:

### **Beyond Blue**

Call 1300 224 636

Short term counselling and referrals by phone and webchat

### **Lifeline**

Call 13 11 14

24 hour crisis support and suicide prevention services

### **Australian Psychological Society**

Call 1800 333 497

Mental health strategies and tips for coping with coronavirus anxiety

### **Headspace**

Call 1800 650 890

Phone service targeted towards younger people

### **Men's Line Australia**

Call 1300 789 978

Counselling service for men with emotional health concerns