

Support Services

Kairos Care's debriefing for staff

Contact the HR or Care Team to schedule a debriefing.

Mentally Healthy Workplaces

Website: <http://www.mentalhealthatwork.nsw.gov.au/>

The Mentally Healthy Workplaces website is a SafeWork NSW initiative. The website hosts a range of information, tools and resources to support business owners, managers and works to build their understanding and engage in activities to support good mental health in the workplace.

Heads Up

Website: <https://www.headsup.org.au/>

Heads Up has been developed by the Mentally Healthy Workplace Alliance and beyondblue. The website contains a range of tip sheets for employers, leaders, and workers. The website also hosts case studies, free online training programs, webinars, toolbox talks, and research to build understanding about mental health.

ACCESSING A MENTAL HEALTH SPECIALIST IN THE COMMUNITY

There are a number of pathways that workers can utilise to access specialist support for mental health concerns outside of their place of work, including:

- Local GP referral to a mental health specialist (encourage employee's to [get a mental health treatment plan](#)) – please take note, that you will get a higher rebate with a Clinical Psychologist compared with a General Registered Psychologist
- Australian Psychological Society (APS) <https://www.psychology.org.au/Find-a-Psychologist> *The APS website can be used to search for psychologists in private practise throughout Australia. Search terms can be adjusted to filter psychologists by presenting issue, location, and language spoken.*
- Community based support lines (see Mental Health Support Lines)
- Online self-lead programs (see Online Mental Health Resources)



MENTAL HEALTH SUPPORT LINES

Use the support lines listed below to speak with trained professionals about mental health issues. Explore the websites listed to find out more information about common signs, symptoms, and treatment options for mental health conditions.

Lifeline

Phone: 13 11 14

Website: <https://www.lifeline.org.au/>

Lifeline is a national non-profit organisation that provides free, 24-hour telephone crisis support and suicide prevention services.

Beyond Blue

Phone: 1300 22 4636

Website: <https://www.beyondblue.org.au/>

Beyond Blue is a national non-profit organisation that works to build awareness common mental health concerns and provides support via phone, web chat, email, and forum discussion.

Suicide Call Back Service

Phone: 1300 659 467

Website: <https://www.suicidecallbackservice.org.au/>

Suicide Call Back Service is a national service which provides 24/7 professional telephone and online counselling to people affected by suicide. The service provides phone, online chat, and video chat options for support.

MensLine Australia

Phone: 1300 78 99 78

Website: <https://mensline.org.au/>

MensLine Australia is a 24/7 telephone and online counselling service designed for men experiencing family and relationship concerns. They also host tip sheets and tool kits on a range of topics on their website.

Q-life

Phone: 1800 184 527

Website: <https://qlife.org.au/>

QLife provides anonymous and free LGBTI peer support and referral for people wanting to talk about sexuality, identity, gender, bodies, feelings or relationships. QLife provides support via telephone and webchat.

Headspace

Phone: 1800 650 890

Website: <https://headspace.org.au/>

Headspace provide holistic and tailored mental health support to young people (12-25 years old). Headspace offer face-to-face, phone, online chat and email support and have a range of informational resources on their website.

SANE Australia

Phone: 1800 187 263

Website: <https://www.sane.org/>

SANE Australia are a mental health charity who provide support by building awareness of mental health, providing access to online peer support, helpline support and research.

1800RESPECT

Phone: 1800 737 732

Website: <https://1800respect.org.au/>

1800RESPECT is a 24-hour national sexual assault, family and domestic violence counselling line for any Australian who has experienced, or is at risk of, family and domestic violence and/or sexual assault.

Turning Point

Website:

<https://www.turningpoint.org.au/treatment/clients/phone-online-services>

Phone (NSW): 1800 422 599 (Regional); (02) 9361 8000 (Metropolitan)

Turning Point is one of Australia's leading national addiction treatment, education and research centre.



ONLINE MENTAL HEALTH RESOURCES

Use the websites listed below to explore information about common mental health conditions, and to gain access to online treatment programs.

Head to Health

Website: <https://headtohealth.gov.au/>

Head to Health (H2H) is an Australian Government website which provides links to trusted Australian online and phone-based support options, and resources.

Moodgym

Website: <https://moodgym.com.au/>

Moodgym is a free, interactive self-help tool which can help people to learn and practise skills which to better manage symptoms of depression and anxiety.

This Way up

Website: <https://thiswayup.org.au/contact-us/>

This way up provides low cost online learning programs for common mental health concerns. They also freely provide information about a range of common mental health concerns on their website.

Black Dog Institute

Website:

<https://www.blackdoginstitute.org.au/>

The Black Dog Institute undertakes research and provides education in relation to the prevention and treatment of mental health illness. They have a range of resources and programs readily available on their website.

Black Dog are also offering Free Mental Health training for Managers under the mentally healthy workplaces strategy. Visit the SWNSW website to confirm your eligibility:

<http://mentalhealthatwork.nsw.gov.au/>

E-couch

Website: ecouch.com.au

E-Couch is a self-help interactive program with modules for depression, anxiety, relationship break down, and grief.

ReachOut

Website: <https://au.reachout.com/>

ReachOut is an online mental health organisation for young people and their parents. ReachOut provide practical support, tools and tip sheets on their website.

MindSpot Clinic

Website: <https://mindspot.org.au/>

MindSpot is a free service for Australian adults experiencing anxiety, stress, depression, or low mood. The website contains a range of fact sheets on common mental health concerns, an online assessment, access to a therapist to discuss results of the assessment, and access to treatment courses.

