



National Mental Health Helplines & Support Groups

This is a resource that can be used by Wellness Ambassadors to signpost clients from RISE – the Mental Health Support Program for the Building & Construction industry through Master Builders SA.

24/7 Mental Health Helplines

These free and confidential telephone and online chat helplines are open 24 hours a day, 7 days a week.

Beyond Blue Support Service and Forums

[Beyond Blue Support Service and Forums](#) are there to listen whenever your client needs brief counselling or to talk to someone who understands what they are going through.

Crisis Support

[Mates in Construction](#) – is an Industry backed, research-based, suicide prevention and support program.

[Lifeline](#) – crisis support and suicide prevention services for people experiencing emotional distress.

[Suicide Call Back Service](#) – counselling for people affected by suicide.

Hotlines for Depression, Anxiety and Other Mental Health Support

[MensLine Australia](#) – counselling, support and referral service for men.

Domestic, Family and Sexual Violence Helpline

[1800RESPECT](#) – counselling and information for people affected by family and sexual violence.

Alcohol and Other Drug Helplines

[Counselling Online](#) – online chat counselling for people affected by alcohol or other drug use.

National Alcohol and Other Drug Hotline

Call 1800 250 012

Available 24 hours a day, 7 days a week

Gambling Helpline

[Gambler's Help](#) - support for people with gambling problems, family and friends close to them, and those just wanting to cut back or regain control.

General Mental Health Support

[MindSpot Clinic](#) – online and telephone assessment and treatment for people experiencing stress, anxiety, depression, OCD, PTSD, and chronic pain.

[SANE](#) – support and information for people affected by mental health issues and trauma.

Complex Trauma Support

[Blue Knot Helpline](#) - information and support for anyone affected by complex trauma. This includes violence, abuse, neglect or exploitation.

Websites and Support Groups for Mental Health

[Black Dog Institute](#) – resources and mental health support groups for people affected by anxiety, depression, bipolar disorder and post-traumatic stress disorder.

[Head to Health](#) – brings together more than 500 digital resources to support your wellbeing and mental health.

[Embrace Multicultural Mental Health](#) - national platform for Australian mental health services and multicultural communities to access resources, services and information in a culturally accessible format.

[Support after Suicide](#) – information and online community for those bereaved by suicide.