



National Mental Health Helplines & Support Groups

This is a resource that can be used by our support Coaches 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.

[StandBy support after suicide by Anglicare SA](#)
[Call 1300 727 427 / www.standbysupport.com.au](#)
Support for people and communities across Australia bereaved or impacted by suicide