

Help and Support- Australia

Our mission is to ensure that everyone can access the help and support they may need. We recognise that the struggles we face are individual and diverse. A range of support and services exist within our organisation and our community. We have listed the ones we recommend below. Please let us know if you have any questions or know of other services that may be included.

It's ok not to feel ok, and it's absolutely ok to ask for help.

We group **help and support** into six key pillars:



EMOTIONAL
WELLBEING



PHYSICAL
HEALTH



SPIRITUAL
WELLBEING



SOCIAL
WELLBEING



FINANCIAL
WELLBEING



WORK AND
CAREER



**EMOTIONAL
WELLBEING**

Being aware of your emotions and feelings, having the resilience to overcome challenges, and being able to cope with the normal stresses of life are important.

Acacia EAP Employee Assistance Program

Available for employees and their families

24 hours a day, 7 days a week.

www.acaciaconnection.com

Email: info@acaciaconnection.com.au

Call: 1300 364 273

SMS: 040133 77 11

Doctor

Psychologist, therapist or counsellor

HealthDirect

Free national health services directory which is a government-funded service, providing quality, approved 24-hour health information, health services and advice.

<https://www.healthdirect.gov.au/australian-health-services>

1800 022 222

Beyond Blue Support Service

Information and referral to relevant services for depression and anxiety-related matters.

www.beyondblue.org.au

1300 224 636

Black Dog Institute

A world leader in the diagnosis, treatment and prevention of mood disorders such as depression, anxiety and bipolar disorder.

www.blackdoginstitute.org.au

Blue Knot Foundation Helpline (formerly Adults Surviving Child Abuse)

Provides information and short-term counselling for adult survivors of childhood trauma.

www.blueknot.org.au

1300 657 380 or email helpline@blueknot.org.au

PANDA – National Perinatal Depression Helpline

It provides vital support, information, referral, and counselling to Australian parents and their families. Callers do not need to have a diagnosis to contact the helpline.

www.panda.org.au

1300 726 306

	<p>Counselling Online Provides counselling for people concerned about their own drinking or drug use. The service is equally available to people concerned about a family member, relative or friend. www.counsellingonline.org.au</p> <p>1800RESPECT National sexual assault and domestic family violence counselling services are available 24/7. www.1800respect.org.au 1800 737 732</p> <p>Lifeline Provides all Australians experiencing a personal crisis with access to 24-hour crisis support and suicide prevention services. www.lifeline.org.au 13 11 14</p> <p>MensLine Australia Provides 24/7 help, support, referrals and counselling services for men. www.mensline.org.au 1300 789 978</p> <p>Relationships Australia Leading provider of relationship support services for individuals, families and communities. www.relationships.org.au 1300 364 277</p> <p>Gambling Help Online Counselling, information and support are available 24/7 for anyone affected by gambling in Australia. www.gamblinghelponline.org.au 1800 858 858</p> <p>Online apps and resources</p>
 <p>PHYSICAL HEALTH</p>	<p>Acacia EAP Employee Assistance Program Available for employees and their families 24 hours a day, 7 days a week. www.acaciaconnection.com Email: info@acaciaconnection.com.au Call: 1300 364 273 SMS: 040133 77 11</p> <p>Doctor</p>

<p>Making good choices that contribute to better physical health, such as staying active, eating balanced nutrition, getting adequate sleep, and drinking sufficient hydration.</p>	<p>Physiotherapist/massage therapist Dietician/nutritionist</p> <p>HealthDirect A free national health services directory is a government-funded service that provides quality, approved 24-hour health information, health services, and advice. https://www.healthdirect.gov.au/australian-health-services 1800 022 222</p> <p>Counselling Online Provides counselling for people concerned about their own drinking or drug use. The service is equally available to people concerned about a family member, relative or friend. www.counsellingonline.org.au</p> <p>MensLine Australia Provides 24/7 help, support, referrals and counselling services for men. www.mensline.org.au 1300 789 978</p> <p>QLife Provides LGBTI peer support and referral for people wanting to talk about a range of issues including sexuality, identity, gender, bodies, feelings or relationships. www.qlife.org.au 1800 184 527</p> <p>Online apps and resources</p>
<div data-bbox="266 1352 446 1533" data-label="Image"> </div> <p>SPIRITUAL WELLBEING</p> <p>Having a sense of purpose, connectedness, meaning and harmony that reflects your values and beliefs.</p>	<p>Acacia EAP Employee Assistance Program Available for employees and their families 24 hours a day, 7 days a week. www.acaciaconnection.com Email: info@acaciaconnection.com.au Call: 1300 364 273 SMS: 040133 77 11</p> <p>Online apps and resources</p>



**SOCIAL
WELLBEING**

Having the ability to form satisfying interpersonal relationships with others. It also relates to your ability to adapt comfortably to different social situations and act appropriately in a variety of settings.

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Call: 1300 364 273

SMS: 040133 77 11

Social worker

Relationship counsellor

HealthDirect

Free national health services directory which is a government-funded service, providing quality, approved 24-hour health information, health services and advice.

<https://www.healthdirect.gov.au/australian-health-services>

1800 022 222

Counselling Online

Provides counselling for people concerned about their own drinking or drug use. The service is equally available to people concerned about a family member, relative or friend.

www.counsellingonline.org.au

National Alcohol and Other Drug Hotline

Access to free and confidential advice about alcohol and other drugs.

1800 250 015

1800RESPECT

National sexual assault and domestic family violence counselling services are available 24/7.

www.1800respect.org.au

1800 737 732

Gambling Help Online

Counselling, information and support are available 24/7 for anyone affected by gambling in Australia.

www.gamblinghelponline.org.au

1800 858 858

Relationships Australia

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

www.relationships.org.au

1300 364 277

	<p>QLife Provides LGBTI peer support and referral for people wanting to talk about a range of issues including sexuality, identity, gender, bodies, feelings or relationships. www.qlife.org.au 1800 184 527</p> <p>Online apps and resources</p>
 <p>FINANCIAL WELLBEING</p> <p>Understanding your financial situation in order to make the most of what you have in day-to-day life and in planning for your future.</p>	<p>Acacia EAP Employee Assistance Program Available for employees and their families 24 hours a day, 7 days a week. www.acaciaconnection.com Email: info@acaciaconnection.com.au Call: 1300 364 273 SMS:040133 77 11</p> <p>Financial counselling</p> <p>The Salvation Army MoneyCare The Salvation Army provides a free and confidential financial counselling service for people facing financial difficulties. https://www.salvationarmy.org.au/about-us/our-services/moneycare/ 13 SALVOS (13 72 58)</p> <p>National Debt Helpline A free, independent and confidential service that helps Australians tackle their debt problems and get back on track. www.ndh.org.au 1800 007 007</p> <p>Wesley Mission Financial Counselling Wesley Financial Counselling services provide free, independent and confidential counselling to assist people experiencing financial difficulty. https://www.wesleymission.org.au/find-a-service/mental-health-and-hospitals/counselling/financial-counselling/ 1300 827 638</p> <p>Gambling Help Online Counselling, information and support are available 24/7 for anyone affected by gambling in Australia. www.gamblinghelponline.org.au 1800 858 858</p>



WORK AND
CAREER

Working productively and fruitfully, feeling fulfilled, motivated and maintaining a health work-life balance.

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Career counsellor

Online apps and resources