

Emergency Contact Numbers and Help Line Services

Helplines and Resources

• Lifeline Australia	13 11 14	www.lifeline.org.au
• Mental Health Line	1800 011 511	www.health.nsw.gov.au/mentalhealth/Pages/mental-health-line.aspx
• Beyond Blue	1300 224 636	www.beyondblue.org.au
• Heads up – Better mental health in the workplace		www.headsup.org.au
• MensLine Australia	1300 789 978	www.mensline.org.au
• Kids Helpline	1800 551 800	www.kidshelpline.com.au
• Mental Health Information Service	1300 794 991	www.wayahead.org.au
• NSW Domestic Violence Line	1800 656 463	www.speakout.dcj.nsw.gov.au
• 1800RESPECT (National Domestic Family and Sexual Violence Counselling Service)	1800 737 732	www.1800respect.org.au
• Aboriginal and Torres Strait Islander Crisis Support Line – 13YARN	13 92 76	www.13yarn.org.au
• eheadspace (12-25 y.o)	1800 650 890	www.headspace.org.au
• QLife (LGBTIQ+)	1800 184 527	www.qlife.org.au
• Open Arms (Veterans)	1800 011 046	www.openarms.gov.au
• Alcoholics Anonymous	1300 222 222	www.aa.org.au
• Suicide Call Back Service	1300 659 467	www.suicidecallbackservice.org.au
• StandBy Support After Suicide	1300 727 247	www.standbysupport.com.au
• National Redress Scheme	1800 737 377 (Mon to Fri 8am-5pm AEST)	www.nationalredress.gov.au/support
• Blue Knot Helpline and Redress Support Service	1300 657 380 (Mon-Sun 9am-5pm AEST)	https://blueknot.org.au

- **National Counselling and Referral Service – Disability** **1800 421 468**
(9am-6pm AEST Mon-Fri and 9am-5pm AEST Sat, Sun, Public Holidays)

Local Services

- **Tamworth Hospital** **02 6767 7700**
- **Tamworth Police** **02 6768 2999**
- **Headspace Tamworth** **02 6762 9290** www.headspace.org.au/headspace-centres/tamworth/
Mental Health Services (12-25 y.o)
- **Anglicare** **02 6701 8200**
- **Centacare New England North West** **02 6762 9200**
- **Tamworth Aboriginal Medical Service** **02 6760 2500**
- **Tamworth Family Support Services** **1800 073 388**