

## Help and Support- Australia

Our mission is to ensure everyone can access the support they need. We recognise that challenges are unique and diverse. Within our organisation and community, a wide range of support services are available to assist you.

Please note this directory is not a substitute for professional care. If you or someone you know requires immediate professional support, please reach out to your doctor or local health centre,

If you are concerned for your safety or the safety of others, please call **Triple Zero (000)** immediately for assistance.

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

We organise **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.

### 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](http://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](http://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](http://www.blueknot.org.au)

1300 657 380 or email [helpline@blueknot.org.au](mailto:helpline@blueknot.org.au)

### PANDA – National Perinatal Depression Helpline

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](http://www.panda.org.au)

1300 726 306

### 1800RESPECT

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

[www.1800respect.org.au](http://www.1800respect.org.au)

1800 737 732

### Lifeline

Provides all Australians experiencing a personal crisis with access to 24-hour crisis support and suicide prevention services.

[www.lifeline.org.au](http://www.lifeline.org.au)

13 11 14

### MensLine Australia

Provides 24/7 help, support, referrals and counselling services for men.

[www.mensline.org.au](http://www.mensline.org.au)

1300 789 978

	<p style="text-align: center;"><b>Relationships Australia</b>  Leading provider of relationship support services for individuals, families and communities.  <a href="http://www.relationships.org.au">www.relationships.org.au</a>  1300 364 277</p> <p style="text-align: center;"><b>Gambling Help Online</b>  Counselling, information and support are available 24/7 for anyone affected by gambling in Australia.  <a href="http://www.gamblinghelponline.org.au">www.gamblinghelponline.org.au</a>  1800 858 858</p>
<div style="text-align: center;">  <p><b>PHYSICAL HEALTH</b></p> </div> <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>A free national health services directory is a government-funded service that provides quality-approved 24-hour health information, services, and advice.  <a href="https://www.healthdirect.gov.au/australian-health-services">https://www.healthdirect.gov.au/australian-health-services</a>  1800 022 222</p> <p style="text-align: center;"><b>Counselling Online</b>  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.  <a href="http://www.counsellingonline.org.au">www.counsellingonline.org.au</a></p> <p style="text-align: center;"><b>MensLine Australia</b>  Provides 24/7 help, support, referrals and counselling services for men.  <a href="http://www.mensline.org.au">www.mensline.org.au</a>  1300 789 978</p> <p style="text-align: center;"><b>QLife</b>  Provides LGBTI peer support and referral for people wanting to talk about a range of issues, including sexuality, identity, gender, bodies, feelings or relationships.  <a href="http://www qlife.org.au">www.qlife.org.au</a>  1800 184 527</p>
<div style="text-align: center;">  <p><b>SPIRITUAL WELLBEING</b></p> </div>	<p style="text-align: center;"><b>Faith-Based Organisations</b></p> <p style="text-align: center;"><b>Salvation Army – Hope Line</b>  The Salvation Army is a worldwide Christian church providing diverse spiritual and social activities. Everyone is invited to call or drop in for a chat.  <a href="http://The Salvation Army Australia">The Salvation Army Australia</a>  13 SALVOS (13 72 58).</p>

Having a sense of purpose, connectedness, meaning and harmony that reflects your values and beliefs.

### **Islamic Council of Victoria (ICV)**

Provides spiritual guidance, pastoral care, and mental health support aligned with Islamic principles.

The Office is contactable between 9 am - 5 pm, Monday to Friday.

Address: 66-68 Jeffcott St, West Melbourne, VIC 3003

<https://icv.org.au/>

Email: admin@icv.org.au

Phone: (03) 9328 2067

### **Indigenous Spiritual and Cultural Support**

#### **Indigenous Healing Foundation**

Provides culturally relevant spiritual support and healing grounded in Aboriginal traditions and practices.

<https://healingfoundation.org.au/>

[info@healingfoundation.org.au](mailto:info@healingfoundation.org.au)

Phone: (02) 6272 7500

#### **Djirra (Victoria)**

Supports Aboriginal women with culturally sensitive services that include spiritual care.

<https://djirra.org.au/>

1800 105 303 (free call)

### **Holistic Wellbeing Programs**

#### **Melbourne Meditation Centre**

Offers mindfulness and meditation programs that integrate spiritual growth for various communities.

<https://melbournemeditationcentre.com.au/>

Phone: 0410 562 843

#### **Buddhist Council of NSW**

Provides meditation and spiritual programs tailored to individual needs.

<https://www.buddhistcouncil.org/contact/>

Call (02) 9966 8893, or email office@buddhistcouncil.org or



**SOCIAL  
WELLBEING**

Having the ability to form satisfying interpersonal relationships with others.

**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

**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](http://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 available 24/7.

[www.1800respect.org.au](http://www.1800respect.org.au)

1800 737 732

**Gambling Help Online**

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

[www.gamblinghelponline.org.au](http://www.gamblinghelponline.org.au)

1800 858 858

**Relationships Australia**

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

[www.relationships.org.au](http://www.relationships.org.au)

1300 364 277

**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](http://www qlife.org.au)

1800 184 527



## FINANCIAL WELLBEING

Understanding your financial situation to make the most of what you have in day-to-day life and in planning for your future.

## Financial counselling

### 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)

### 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](http://www.ndh.org.au)

1800 007 007

### Gambling Help Online

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

[www.gamblinghelponline.org.au](http://www.gamblinghelponline.org.au)

1800 858 858



## WORK AND CAREER

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

## Internal Learning & Development

We encourage you to build your own Individual Development Plan and work with your manager to ensure your learning and development activities are planned, supported, and targeted to suit your needs.

## External Help and Support

### Job Outlook

Managed by the Australian Government, Job Outlook provides insights into job market trends, skill requirements, and future employment opportunities across various industries.

#### Contact:

Email: [connectwithus@jobsandskills.gov.au](mailto:connectwithus@jobsandskills.gov.au)

Website: <https://www.jobsandskills.gov.au/data/occupation-and-industry-profiles>

Call [1300 566 046](tel:1300566046)

### Career Development Association of Australia (CDAA)

The CDAA supports individuals through professional career counselling and guidance services. It also offers resources for career practitioners to enhance their services.

Phone: +61 7 5006 2558

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

	<p style="text-align: center;"><b>Blue Sky Career Consulting</b></p> <p style="text-align: center;">Blue Sky Career Consulting provides tailored career coaching to help clients gain clarity on their career paths, build confidence, and take actionable steps toward career success. Services include online career assessments, personalized coaching sessions, and comprehensive action plans for professionals at all levels.</p> <p style="text-align: center;">Email: <a href="mailto:info@bluesky.net.au">info@bluesky.net.au</a> Phone: +61 1300 001 506 Website: <a href="https://www.bluesky.net.au/">https://www.bluesky.net.au/</a></p>
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