



## Helpful Resources

Lifeline [www.lifeline.org.au](http://www.lifeline.org.au)  
13 11 14

1800 RESPECT  
<https://www.1800respect.org.au>  
1800 737 732

Mensline Australia  
[www.mensline.org.au](http://www.mensline.org.au)  
1300 78 99 78

Beyond Blue  
[www.beyondblue.org.au](http://www.beyondblue.org.au)  
1300 224 636

Butterfly Foundation  
[www.butterfly.org.au](http://www.butterfly.org.au)  
1800 33 46 73

Carers Gateway  
[www.carerssa.com.au](http://www.carerssa.com.au)  
1800 422 737

Health Direct  
[www.healthdirect.gov.au](http://www.healthdirect.gov.au)  
1800 022 222

Ask Izzy  
[www.askizzy.org.au](http://www.askizzy.org.au)

Kids Helpline  
[www.kidshelpline.com.au](http://www.kidshelpline.com.au)  
1800 55 1800

Open Arms  
[www.openarms.gov.au](http://www.openarms.gov.au)  
1800 011 046

Alcohol & Drug Foundation  
[www.adf.org.au](http://www.adf.org.au)  
1800 250 015