

Finding mental health support



Ill mental health is experienced by millions of people in Australia ([AIHW 2023](#)). Statistics also show that anyone at any stage of life can struggle with ill mental health ([ABS 2022](#)). Most disorders can be treated or managed with a care plan. Recovery is possible with support.

The important thing is to find support when you need it. This may be a difficult thing for you to do, but times have changed. There is now much more social acceptance of the fact that mental health does not define a person.

If you or someone you know is experiencing ill mental health, you are not alone and there is help available. A good place to start is [Head to Health](#), a free and confidential service with more than 500 resources available to everyone.



Mental health helplines

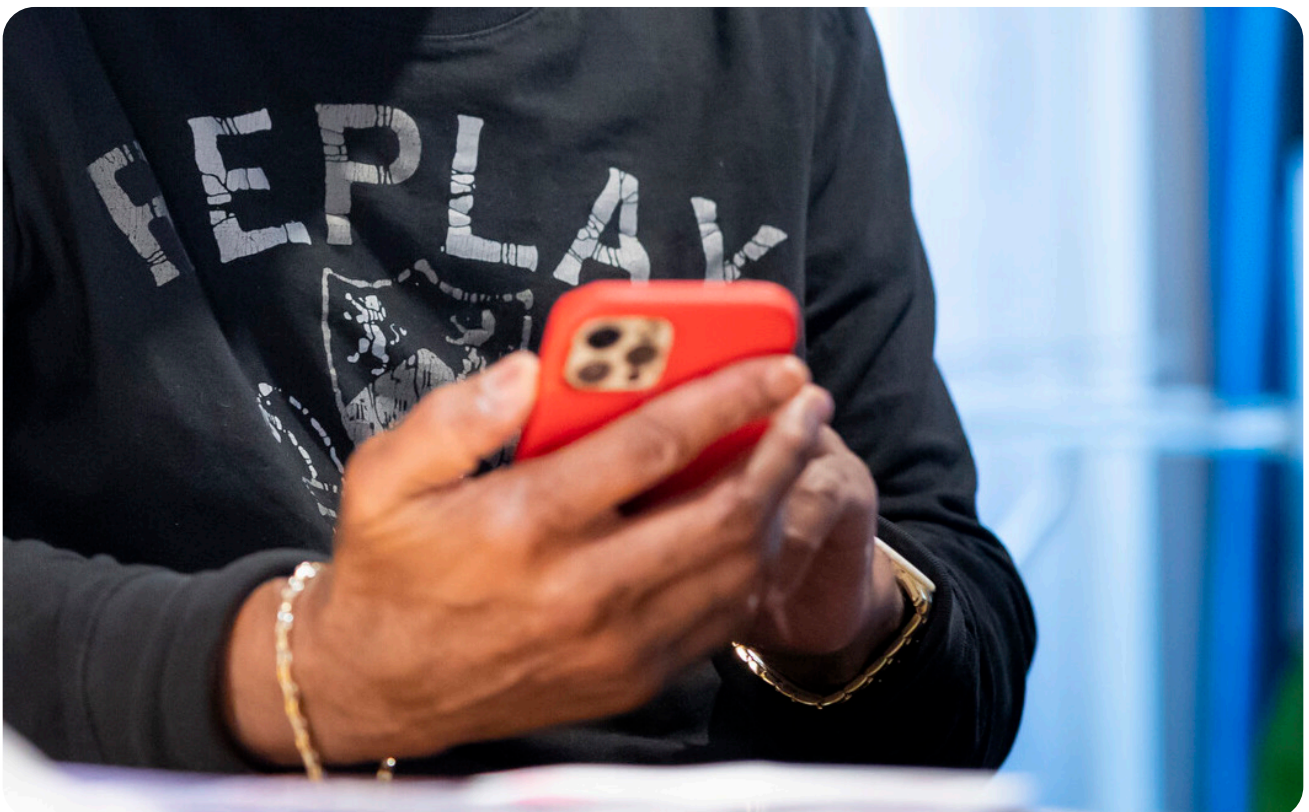
The first line of support for many people is often a trained and understanding person who is ready for your call. Some of the main phone or online chat services are:

- **LifeLine** – **Call 13 11 14** or [chat online](#). LifeLine’s crisis support service is available 24/7. Anyone in Australia can speak to a trained Crisis Supporter any time of the day or night.
- **Beyond Blue** – **Call 1300 22 4636** (24/7) or [chat online](#). BeyondBlue is a mental health support service that connects you to a person to talk to on those days when things seem too much, or something isn’t quite right.
- **Griefline** – **Call 1300 845 745** between 8am and 8pm Monday to Friday (AEST). You can also [book a grief support call](#). This service is available 7 days a week.
- **MensLine** – **Call 1300 78 99 78** or [chat online](#). MensLine Australia is the 24/7 national telephone and online support service for men. The service is available from anywhere in Australia and is staffed by professional counsellors who are experienced in men’s issues.

- **[Open Arms](#)** – **Call 1800 011 046** or visit the [Open Arms website](#). Open Arms Veterans and Families Counselling provides free and confidential counselling to anyone who has served at least 1 day in the Australian Defence Force.
- **[Suicide Call Back Service](#)** – **Call 1300 659 467** or [chat online](#). The Suicide Call Back Service offers free professional 24/7 telephone counselling support if you are:
 - At risk of suicide
 - Concerned about someone at risk
 - Bereaved by suicide
 - Experiencing emotional or mental health issues

Your state's mental health crisis line

Each state and territory has a [mental health call service](#). These services are available 24 hours a day, 7 days a week. They are triage services. If needed, they can refer you to a [community mental health service](#).



Learn about your options

There are many types of services, and they can support you in different ways. [Learn more at Head to Health](#).

Healthdirect, the national virtual public health information service, provides everything you need to know about:

- [Mental health resources](#)
- [Australian mental health services](#)
- [Rural or remote mental health](#)
- [Talking to your doctor \(GP\) about mental health](#)
- [The different types of mental health professionals](#)
- [Paying for mental health services](#)
- [Low-cost or free mental health services](#)



Peer support

Sharing personal stories can help. Support groups and peer support can also contribute to better outcomes ([BMJ 2018](#)). However, it's not for everyone. If you're feeling stressed, depressed, anxious, or not coping, contact a GP or helpline.

Head to Health provides helpful information about options relevant to your background or identity if you are:

- [Aboriginal and Torres Strait Islander](#)
- [From a different cultural background](#)
- [LGBTQIA+](#) (Learn more about finding LGBTQIA+ support and services [here](#))



How to be a mental health ally

Being a mental health ally means you support and include people who are struggling with their mental health. Here are some of the ways you can be a mental health ally:

- Talk to your friends or family members who may be going through a hard time. Listen to them with empathy and compassion.
- Use positive and respectful language when talking about mental health and don't use blaming words.
- Educate yourself and others about mental health issues.
- Challenge myths and stereotypes.

More helpful information

If you need more information, get in touch with one of our helpful team on **1800 951 971**.

You can learn more by following the links below:

- [Amazing Ally | WayAhead](#)
- [Diet and mental health | healthdirect](#)
- [Depression in older people - causes, symptoms, treatment | healthdirect](#)
- [The 30 Top Mental Health Organisations in Australia | Australia Counselling](#)
- [Digital mental health services | Australian Government Department of Health and Aged Care](#)

CONTACT US

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LiveUp is a healthy ageing initiative funded by the Australian Government Department of Health and Aged Care.