

3. 心理健康服务

3.1 - 心理健康服务

心理健康服务是指为患有精神健康问题的人提供支持和帮助。

心理健康服务包括：

- 心理健康热线
- 心理健康门户网站 (包括心理健康 NDIS 门户网站)
- 心理健康“热线” (心理健康)
- 心理健康服务提供者——包括医生/心理学家/心理咨询师——通过 NDIS 门户网站提供心理健康服务/心理健康服务提供者门户网站

心理健康“热线”

心理健康“热线”是提供心理健康支持、信息和转介服务的免费电话。您可以通过 <https://headtohealth.gov.au/>

访问心理健康“热线”服务。

- 心理健康热线
- 心理健康门户网站
- 心理健康“热线”

心理健康服务

心理健康 NDIS 门户网站提供心理健康服务。

ACT

ACT Health Mental Health Services - Mental Health Triage Ph: 1800 629 354 (心理健康热线) Ph: (02) 6205 1065: <http://health.act.gov.au/our-services/mental-health/act-wide-mental-health-services>

ACT Mental Health Consumer Network: <http://www.actmhc.org.au/>

The ACT Mental Health Consumer Network 提供心理健康支持、信息和转介服务。

Mental Health Carers Voice: <http://www.carersvoice.com.au/>

Mental Health Carers Voice 提供心理健康支持、信息和转介服务。

Mental Health Community Coalition of ACT: <http://www.mhccact.org.au/about/>

The Mental Health Community Coalition of the ACT 成立于 2004 年，提供心理健康支持、信息和转介服务。



NSW

NSW Ministry of Health (Mental Health Branch) Mental Health Line Ph. 1800 011 511: <http://www.health.nsw.gov.au/mentalhealth/Pages/contact-service.aspx>

Way Ahead Mental Health Association NSW: <https://wayahead.org.au/>

“Way Ahead” is a national mental health support service for people with mental health issues.

Being: <http://being.org.au/>

“Being” is a national mental health support service for people with mental health issues.

Mental Health Carers NSW: <https://www.mentalhealthcarersnsw.org/>

Mental Health Carers NSW is a national mental health support service for people with mental health issues.

Mental Health Coordinating Council: <http://www.mhcc.org.au/>

The Mental Health Coordinating Council is a national mental health support service for people with mental health issues.

NT

Northern Territory Mental Health Line (Mental Health Access Team) Ph. 1800 682 288: <https://nt.gov.au/wellbeing/mental-health/24-hour-mental-health-hotlines>

Carers NT: <https://carersnt.asn.au/>

Carers NT is a national mental health support service for people with mental health issues.

Northern Territory Mental Health Coalition: <https://www.ntmhc.org.au/>

The Northern Territory Mental Health Coalition is a national mental health support service for people with mental health issues.

QLD

Queensland Health Ph. 13 HEALTH (13 43 25 84): <https://www.qld.gov.au/health/mental-health/help-lines/services/index.html>

Mental Health Carers Arafmi QLD: <http://www.arafmiqld.org/>

Mental Health Carers Arafmi Queensland is a national mental health support service for people with mental health issues.

Queensland Alliance for Mental Health: <http://qldalliance.org.au/>

Queensland Alliance for Mental Health is a national mental health support service for people with mental health issues.



SA

SA Health Mental Health Triage Service / Assessment and Crisis Intervention Service, Ph. 13 14 65: <http://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/health+services/mental+health+services/acute+mental+health+services>

Health Consumers Alliance of South Australia: <http://www.hcasa.asn.au/>

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Carers South Australia: <http://carers-sa.asn.au/>

Carers SA "Carers South Australia" is a not-for-profit organisation that provides support and information to carers in South Australia.

Mental Health Coalition of South Australia: <http://www.mhcsa.org.au/>

The Mental Health Coalition of South Australia is a not-for-profit organisation that provides support and information to people with mental health issues and their families.

TAS

Department of Health and Human Services - Statewide Mental Health Services Ph. 1300 135 513: http://www.dhhs.tas.gov.au/mentalhealth/mhs_tas

Flourish Mental Health Action In Our Hands: <http://flourishtas.org.au/>

"Flourish" is a not-for-profit organisation that provides support and information to people with mental health issues and their families.

Mental Health Carers Tasmania: <http://www.mentalhealthcarerstas.org.au/>

Mental Health Carers Tasmania (MHCTas) is a not-for-profit organisation that provides support and information to carers in Tasmania.

Mental Health Council of Tasmania: <https://www.mhct.org/>

The Mental Health Council of Tasmania (MHCT) is a not-for-profit organisation that provides support and information to people with mental health issues and their families.

VIC

Health Victoria Mental Health Services General Enquiries: 1300 767 299 (9.00 am to 5.00 pm) or 03 9096 8287: <http://www.health.vic.gov.au/mentalhealthservices/>

Victorian Mental Illness Awareness Council (VMIAAC): <http://www.vmiac.org.au/>

VMIAAC is a not-for-profit organisation that provides support and information to people with mental health issues and their families.

Tandem (formerly Victorian Mental Health Carers Network): <http://tandemcarers.org.au/>

Tandem is a not-for-profit organisation that provides support and information to carers in Victoria.

Psychiatric Disability Services of Victoria (VICSERV): <http://www.vicserv.org.au/>

VICSERV is a not-for-profit organisation that provides support and information to people with psychiatric disabilities and their families.



WA

WA Department of Health mental health emergency 24/7 Ph. 1300 555 788 or 1800 522 002 (toll free)

Consumers of Mental Health WA: <http://www.comhwa.org.au/>

Consumers of Mental Health WA (CoMHWA) CoMHWA

Helping Minds: <http://helpingminds.org.au/>

Helping Minds

Western Australian Association for Mental Health: <https://waamh.org.au/>

The Western Australian Association for Mental Health (WAAMH) 100

- **Children and Young People with a Disability Australia:** <http://www.cyda.org.au/>
- **Young Carers:** <http://www.youngcarers.net.au>
- **COPMI:** <http://www.copmi.net.au>
- **Aged and Disability Advocates Australia:** <https://adaaustralia.com.au/>

- **First People’s Disability Network Australia:**<http://fpdn.org.au/>
- **National Ethnic Disability Alliance Australia:**<http://www.neda.org.au/>
- **National LGBTI Health Alliance:** <http://lgbtihealth.org.au/>

24

- **Lifeline** 13 11 14
- **Suicide Call Back Service** 1300 659 467
- **Kids Helpline** 1800 55 1800
- **MensLine Australia** 1300 78 99 78

Australia Defence Force

- **Veterans and Veterans Families Counselling Service** 1800 011 046
- **All-hours Support Line** 1800 628 036
- **Defence Family Helpline** 1800 624 608
- **1800 IM SICK** 1800 467 425



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