

ACT Health Mental Health Services - Mental Health Triage

ACT Health Mental Health Services - Mental Health Triage - 3

ACT Health Mental Health Services - Mental Health Triage is a free, confidential service that provides support and information to people with mental health concerns. It is available 24 hours a day, 7 days a week.

ACT Health Mental Health Services - Mental Health Triage is available to people who are:

- ACT Health Mental Health Services - Mental Health Triage is available to people who are experiencing a mental health crisis, such as a suicidal thought or a psychotic episode. For more information, visit <https://headtohealth.gov.au/>.
- ACT Health Mental Health Services - Mental Health Triage is available to people who are experiencing a mental health concern, such as anxiety, depression, or a personality disorder. For more information, visit <https://headtohealth.gov.au/>.
- ACT Health Mental Health Services - Mental Health Triage is available to people who are experiencing a mental health concern, such as a personality disorder, and are seeking support and information. For more information, visit <https://headtohealth.gov.au/>.

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ACT

ACT Health Mental Health Services - Mental Health Triage Ph: 1800 629 354 (24 hours, 7 days a week)
Ph: (02) 62051065:
<http://health.act.gov.au/our-services/mental-health/act-wide-mental-health-services>

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

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

Carers Voice is a national peak body for carers of people with mental illness. It provides a national network of carers' groups and offers support, information and advocacy services to carers across Australia.

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

The Mental Health Community Coalition of ACT (MHCCACT) was established in 2004 as a partnership between the ACT Government, the ACT Mental Health Commission, and the ACT community. MHCCACT is a not-for-profit organisation that provides a range of services to people with mental illness and their carers, including support groups, information, and advocacy. MHCCACT also works to improve the mental health system in the ACT and to ensure that the needs of people with mental illness and their carers are met.

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 Mental Health Association NSW is a not-for-profit organisation that provides a range of services to people with mental illness and their carers, including support groups, information, and advocacy. Way Ahead also works to improve the mental health system in NSW and to ensure that the needs of people with mental illness and their carers are met.

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

Being is a national not-for-profit organisation that provides a range of services to people with mental illness and their carers, including support groups, information, and advocacy. Being also works to improve the mental health system in Australia and to ensure that the needs of people with mental illness and their carers are met.

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

Mental Health Carers NSW is a not-for-profit organisation that provides a range of services to people with mental illness and their carers, including support groups, information, and advocacy. Mental Health Carers NSW also works to improve the mental health system in NSW and to ensure that the needs of people with mental illness and their carers are met.

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

The Mental Health Coordinating Council (MHCC) is a national not-for-profit organisation that provides a range of services to people with mental illness and their carers, including support groups, information, and advocacy. MHCC also works to improve the mental health system in Australia and to ensure that the needs of people with mental illness and their carers are met.

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 not-for-profit organisation that provides a range of services to people with mental illness and their carers, including support groups, information, and advocacy. Carers NT also works to improve the mental health system in the Northern Territory and to ensure that the needs of people with mental illness and their carers are met.

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



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

Flourish Mental Health Action In Our Hands is a national mental health campaign that aims to reduce the stigma of mental illness and improve the lives of people with mental health problems. It is a partnership between the Australian Government, state and territory governments, and the mental health sector.

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

Mental Health Carers Tasmania provides support and information for carers of people with mental health problems. Carers can access a range of services including counselling, support groups, and financial assistance.

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

The Mental Health Council of Tasmania is a not-for-profit organisation that provides information and support to people with mental health problems and their families. The Council also advocates for the rights of people with mental health problems and works to improve the mental health services available in Tasmania.

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 (VMIAC): <http://www.vmiac.org.au>

VMIAC is a not-for-profit organisation that provides information and support to people with mental health problems and their families. VMIAC also advocates for the rights of people with mental health problems and works to improve the mental health services available in Victoria.

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

Tandem is a not-for-profit organisation that provides support and information for carers of people with mental health problems. Carers can access a range of services including counselling, support groups, and financial assistance.

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

VICSERV provides a range of services to people with psychiatric disabilities, including counselling, support groups, and financial assistance. VICSERV also advocates for the rights of people with psychiatric disabilities and works to improve the mental health services available in Victoria.

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 is a not-for-profit organisation that provides information and support to people with mental health problems and their families. Consumers of Mental Health WA also advocates for the rights of people with mental health problems and works to improve the mental health services available in Western Australia.

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

Helping Minds is a not-for-profit organisation that provides information and support to people with mental health problems and their families. Helping Minds also advocates for the rights of people with mental health problems and works to improve the mental health services available in Western Australia.

