

00 000 00 000 00

3 00 - 00 000 00 000 00

000 0000 000 0000 00 00 0000 00 00 00 0000 00 0000 0000. 00 00 00 000000 00 0000 00 00 000000.

00 00 0000 00 0000 0000 0 00 00 0000 00000.

- 00 00 GP
- 00-00-00-0000(NDIA) 00 NDIS 00-00-00-00(00 00 0 00 0000 NDIS 00 00 0000 00 0000 0000 00 00 0000)
- 00 0000 00 00 0000000-0-00 (0 0000 0000 0000000)
- 0 00 000000 0000 0 00 00 00 0000 - 00/00 00 0 0000/0000 00 - 0 0000 NDIS 00 000000. 00 0000 00000 0000 0000 0 0 0 00 00 00 00000/00 00 00 00 00(0: 0000, 0000 0 00000 00) 000000 0000. 00 00 00 00 0000 000000.

00 00 ‘000000’

00 00 00 00 000000 0000 0 00 0000 0000 00000. 0000 00 0000 00-00-00-00 000000 00000 ‘00 0 00’ 0000 00 00 0000000 0 00 0000000 00000 00000. <https://headtohealth.gov.au/>.

0 0000000 0000 00000 0000 00 0000 00 0000 00 00 0000 00 00 0000 0 0 0000 0000. 00 00 0000 0000 00000 00000 00 0 00 00 0 0000 00 0 0000 000000 0000000. 0 0000 0000 00 0000 00 0000 000000 00000 0000 000000.

- 0-00000 00 00 00 0000 00 0000
- 0000 0000 00000 0000 0000 0000 00 0 0000 00 00 0 00 00
- 00 0000 00 0 00 00, 0000 00 00000 00

0 00 0 0 0 00

0000 0000 0 0 0 0 00 00 0000 NDIS 00 0000 00 0000 0000 00 0000 00000 0000 00000 00000.

ACT

ACT Health Mental Health Services - Mental Health Triage Ph: 1800 629 354 (000 00, 0000 00) 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/>

ACT 00 00 0000 00000(ACT Mental Health Consumer Network) 0000 0000 00 0000000, ACT 00 00 0 00000 00000 00 00 0 0000 00000 000000. 00 0000000 000000 00 00000 00 0000 0000 0000 0000 00000000 0000000.

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

00 00 00000 0000(Mental Health Carers Voice) 00 00 00000 00 0000000, ACT 00 0000 00 0 00 0000 0000 00 00000.

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

ACT 00 00 00000 00(Mental Health Community Coalition of the ACT, MHCC ACT) 2004 0 00 0000 00 0000000, ACT 00 00 00 0000 00000 0000000 000000, 00 0000 00 00 00 0000 00000 00000. 00 00 00 0000 0000 0000 00 00 00000 00 00 0 00 00, 00 0 00 0000 00000 00 00000 00000 0000 0000 0000 00000 00000.



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 (Way Ahead) 係一個非牟利組織，旨在為患有精神健康問題的人士提供支援、資訊及轉介服務。

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

Being 係一個非牟利組織，旨在為患有精神健康問題的人士提供支援、資訊及轉介服務。

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

Mental Health Carers NSW (Mental Health Carers NSW) 係一個非牟利組織，旨在為精神健康服務提供者提供支援、資訊及轉介服務。

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

Mental Health Coordinating Council (Mental Health Coordinating Council, MHCC) 係一個非牟利組織，旨在為精神健康服務提供者提供支援、資訊及轉介服務。

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 (Carers NT) 係一個非牟利組織，旨在為精神健康服務提供者提供支援、資訊及轉介服務。

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

Northern Territory Mental Health Coalition (Northern Territory Mental Health Coalition, NTMHC) 係一個非牟利組織 (NGO)，旨在為精神健康服務提供者提供支援、資訊及轉介服務。

QLD

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

Queensland Voice for Mental Health: <http://qldvoice.org.au/>

Queensland Voice for Mental Health Inc (Queensland Voice for Mental Health Inc) 係一個非牟利組織，旨在為精神健康服務提供者提供支援、資訊及轉介服務。

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

Queensland Alliance for Mental Health (Queensland Alliance for Mental Health) 係一個非牟利組織，旨在為精神健康服務提供者提供支援、資訊及轉介服務。



SA

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

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

Health Consumers Alliance (HCA) is a not-for-profit organisation that provides information and support to consumers of health services.

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

Carers SA is a not-for-profit organisation that provides information and support to carers of people with mental health issues.

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 information and support to people with mental health issues.

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 information and support to people with mental health issues.

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

Mental Health Carers Tasmania (MHCTas) is a not-for-profit organisation that provides information and support to carers of people with mental health issues.

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

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

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 issues.

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

Tandem is a not-for-profit organisation that provides information and support to carers of people with mental health issues.

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



VICSERV 〇〇〇〇〇 〇〇〇 〇〇〇〇 〇〇 〇〇 〇〇 〇〇〇〇 〇〇〇〇 〇〇 〇〇〇〇〇.

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) 〇〇〇〇〇 〇〇〇 〇〇 〇〇〇〇 〇〇〇〇 〇〇〇〇〇, 〇〇 〇〇 〇〇〇 〇〇〇〇 〇〇〇 〇〇 〇〇〇 〇〇〇 〇〇〇〇 〇〇〇〇 〇〇〇 〇〇 〇〇〇〇 〇〇〇〇〇. CoMHWA 〇〇〇〇 〇〇 〇〇〇 〇〇〇 〇〇〇〇 〇〇 〇〇〇〇〇.

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

Helping Minds 〇〇〇 〇〇〇 〇〇〇 〇〇, 〇〇, 〇〇 〇 〇〇 〇〇 〇〇〇〇〇 〇〇〇 〇〇 〇〇〇 〇〇 〇〇〇 〇〇〇〇 〇〇〇〇 〇〇 〇 〇〇〇〇 〇〇〇〇〇.

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

The Western Australian Association for Mental Health (WAAMH) 〇〇〇〇〇 〇〇〇〇 〇〇 〇〇 〇〇 〇〇 〇〇 〇〇 〇〇〇〇〇, 100 〇〇 〇〇〇 〇〇 〇〇〇 〇〇 〇〇〇 〇〇〇〇 〇〇〇〇.

〇〇 〇〇〇 〇〇 〇〇

- 〇〇〇 〇〇 〇〇〇 -**Children and Young People with a Disability Australia:** <http://www.cyda.org.au>
- 〇〇 〇〇〇 -**Young Carers:** <http://www.youngcarers.net.au>
- 〇〇〇〇 〇〇〇〇〇 〇〇 〇〇〇〇 〇〇〇(COPMI), 〇〇〇 〇〇〇 〇〇〇 〇〇〇〇 〇〇 〇 〇〇〇 〇〇〇 -**COPMI:** <http://www.copmi.net.au>
- 〇〇〇 -**Aged and Disability Advocates Australia:** <https://adaaustralia.com.au>

〇〇〇〇〇〇〇 〇〇 〇〇

- 〇〇 〇〇〇〇 〇〇〇 〇〇 〇〇〇 - **First People’s Disability Network Australia:**[http://fpdn.org.au/](http://fpdn.org.au)
- 〇〇〇 〇〇〇〇〇 〇〇〇(CALD) 〇〇 - **National Ethnic Disability Alliance Australia:**<http://www.neda.org.au/>
- 〇〇〇〇, 〇〇, 〇〇〇〇, 〇〇〇〇, 〇〇〇 〇 〇〇(LGBTIQ+) 〇〇 - **National LGBTI Health Alliance:** <http://lgbtihealth.org.au/>

〇〇 〇〇 〇〇

〇〇 〇〇〇 〇〇〇〇〇 〇〇 〇〇〇〇〇 〇〇 〇〇〇 〇〇 〇〇 〇〇〇〇 〇〇〇 〇 〇 〇〇〇〇.

24/7 〇〇 〇〇 〇〇 〇〇 〇〇

- [Lifeline](http://lifeline.org.au) 13 11 14
- [Suicide Call Back Service](http://suicidecallback.org.au) 1300 659 467
- [Kids Helpline](http://kidsline.org.au) 1800 55 1800
- [MensLine Australia](http://mensline.org.au) 1300 78 99 78

〇〇 〇〇 〇 〇〇 〇〇〇(ADF) 〇〇 〇 〇〇

- [Veterans and Veterans Families Counselling Service](http://veteranscounseling.org.au) 1800 011 046



- [All-hours Support Line](#) 1800 628 036
- [Defence Family Helpline](#) 1800 624 608
- [1800 IM SICK](#) 1800 467 425

□□□ □□ □□□ □□ □ □□□□.

- □□ □ GP □□ □□ □□□(□□ □□□□□ □□□ □□□□ □□ □□□□)

□□ □□ **000**

□□ □□□ □□□ □□ 000 □□□ □□□ □□□ □□, □□□ □□ □□□□ □□□ □□□□□ □□□□□.

no results