



Mental Health Services

Provide specialised programs and services for people living with mental illness, and their families and carers and promote awareness, acceptance and action on mental health.

Aftercare	(07) 5562 4330	www.aftercare.com.au
FSG Australia Mental Health Services	(07) 5588 7350	www.fsg.org.au
Mental Illness Fellowship Queensland (MIFQ)	(07) 5563 8855	www.mifq.org.au
Ozcare	(07) 5569 6228	www.ozcare.org.au
Gold Coast Mental Health 24/7 Acute Care Team – Advice, Referrals, Crisis, Support.	1300 64 2255 (1300 MH CALL)	
Headspace Southport	(07) 5509 5900	www.headspace.org.au/headspace-centres/headspace-southport

Headspace is the national youth mental health foundation, helping young people aged 12-25 years who are going through a tough time.

Mental Health Services - Crisis

Lifeline 24/7 crises support & suicide prevention services. A confidential, online Crisis Support Chat service is also available.	13 11 14	www.lifeline.org.au
Kid's Helpline Kids Helpline is Australia's only free, private and confidential telephone and online counselling service specifically for young people aged between 5 and 25.	1800 550 1800	www.kidshelp.com.au
Emergency Services Call 000 if you are in an emergency, or at immediate risk of harm to yourself or others.	000	

Mental Health Services - National

beyondblue Information & support about depression, anxiety and suicide prevention. Phone and email support 24/7 or chat online 3pm - 12am (AEST) 7 days per week.	1300 22 4636	www.beyondblue.org.au
MensLine Australia 24/7 phone support. MensLine Australia is a professional telephone and online support and information service for Australian men.	1300 789 978	www.mensline.org.au
Black Dog Institute The Black Dog Institute is a not-for-profit organisation and world leader in the diagnosis, treatment and prevention of mood disorders such as depression and bipolar disorder.		www.blackdoginstitute.org.au
SANE Australia The SANE Helpline provides information about symptoms and treatments related to mental illness, where to go for support, help for carers, and how to look after yourself. Easy-to-read pamphlets and other information are sent out on request.	1800 187 263	www.sane.org
eheadspace eheadspace provides confidential online and telephone support to young people 12-25 and their family and friends.	1800 650 890	www.eheadspace.org.au
Suicide Call Back Service Suicide Call Back Service provides free phone, video & online counselling for anyone affected by suicide. Free counselling 24 hours a day 7 days a week across Australia.	1300 659 467	www.suicidecallbackservice.org.au

PIR Referrals 1300 130 339 Online referral www.pirgoldcoast.com.au

Proudly sponsored by Partners in Recovery (PIR) Gold Coast. This is a Federally funded program.

Please see the Gold Coast's largest online health services directory at www.healthygc.com.au for a full list of current Mental Health Providers.