

State and National Mental Health Services and Support



Children and young people

Kids Helpline

1800 55 1800 (24/7)

Telephone and online counselling service for 5-25 years.

Operates 24 hours a day, 7 days a week.

headspace

1800 650 890 (9am-1am daily)
www.headspace.org.au

Online support and counselling to young people aged 12 to 25.

All ages

Lifeline

13 11 14 (24/7)
www.lifeline.org.au

Telephone crisis support service.

Operates 24 hours a day, 7 days a week.

Mental Health Line

1800 011 511 (24/7)

Mental health professionals who can provide help and advice and make referrals to local mental health services.

Operates 24 hours a day, 7 days a week.

Beyond Blue

1300 22 4636
beyondblue.org.au

Information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.

1800RESPECT

1800 737 732
1800respect.org.au

Telephone and online counselling and information for people impacted by sexual assault, domestic violence and abuse.

Operates 24 hours a day, 7 days a week.

MensLine Australia

1300 78 99 78
mensline.org.au

Online counselling service offering support for Australian men anywhere, anytime.

Operates 24 hours a day, 7 days a week.

Local headspace centres

headspace – Tweed Heads

Address: Carmarco Building,
145 Wharf St, Tweed Heads

Phone: (07) 5589 8700

headspace.org.au/headspace-centres/tweed-heads/

headspace provides mental health services for 12-25 year old's. headspace Tweed supports Tweed, Byron and Southern Gold Coast regions.

headspace – Lismore

Address: headspace Lismore
New site will be at Southern Cross University

Phone: (02) 6625 0200
(Southern Cross University and ask for headspace Lismore)

headspace.org.au/headspace-centres/lismore/

enquiries@headspace-lismore.org.au

headspace provides mental health services for 12-25 year old's. headspace Lismore, operates out of Lismore and supports the broader region with services and supports.

headspace – Kempsey

Address: 60 Smith St, Kempsey
NSW 2440

Phone: (02) 6539 3450

headspacekempsey@samaritans.org.au

headspace provides mental health services for 12-25 year old's. headspace Kempsey, operates out of Kempsey and supports the broader region with services and supports.

headspace – Grafton

Address: 59 Duke St, Grafton
NSW 2460

Phone: (02) 6642 1520

hg@genhealth.org.au

headspace provides mental health services for 12-25 year old's. headspace Grafton, operates out of Grafton and supports the broader Clarence Valley region with services and supports.

headspace – Coffs Harbour

Address: 45/53 Little St, Coffs
Harbour NSW 2450

Phone: (02) 6652 1878

headspace.org.au/headspace-centres/coffs-harbour/

[facebook.com/
headspaceCoffsHarbour/](https://facebook.com/headspaceCoffsHarbour/)

headspace provides mental health services for 12-25 year old's. headspace Coffs Harbour, operates out of Coffs and supports the broader region with services and supports.

If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.