



Dr Shaunagh Foy

Registered Psychologist

drshaunaghfoy.com.au

Australia-Wide Services

National Sexual Assault, Family and Domestic Violence Counselling Line

1800 RESPECT

Lifeline 13 11 14

www.lifeline.org.au

National Suicide Line

Suicide Call Back Service 1300 659 467 suicidecallbackservice.org.au

MensLine Australia 1300 78 99 78

Family Drug Support 1300 368 186

Other national mental health options can be found here:

<https://www.headtohealth.gov.au/>

State and territory crisis support services

New South Wales

NSW Mental Health Line **1800 011 511**

Victoria

Mental Health Advice Line **1300 280 737**

South Australia

Mental Health Crisis Intervention service **13 14 65**

Northern Territory

Mental Health Service **08 8999 4988**

Western Australia

Rural Link **1800 552 002**

WA Crisis Care Unit **08 9223 1111**

Tasmania

Mental Health Services Helpline **1800 332 388**

Queensland

Queensland Mental Health Services **13 432 584**

Australian Capital Territory

Crisis Assessment and Treatment Team **1800 629 354**

