

Top Level Mental Health Supports

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Where to locate mental health services

NSW Mental Health page	Lists NSW Government and third party mental health services	https://www.health.nsw.gov.au/mentalhealth/Pages/default.aspx
Head to Health	Provides links to trusted Australian online and phone supports, resources and treatment options	https://headtohealth.gov.au/
Health Direct	Online information about how to navigate the available mental health services in Australia	https://www.healthdirect.gov.au/australian-mental-health-services
Our Local	A searchable portal which can be easily filtered to help find mental health services and programs for people under 24 years old	https://www.ourlocal.nsw.gov.au/home

24-hour suicide risk and emergency lines

Kids Helpline	Kids Helpline is a free, private and confidential 24/7 phone and online peer support and counselling service for young people aged 5 to 25.	https://kidshelpline.com.au/ (1800 55 1800)
Lifeline	Provides links to trusted Australian online and phone supports, resources and treatment options	https://www.lifeline.org.au/ (13 11 14)
Suicide Call Back Service	The Suicide Call Back Service provides crisis counselling to people at risk of suicide, carers for someone who is suicidal and those bereaved by suicide.	1300 659 467
NSW Mental Health Line	A searchable portal which can be easily filtered to help find mental health services and programs for people under 24 years old	1800 011 511