



## Mental Health Resources

### *Crisis Support*

*In a life-threatening emergency dial triple Zero (000)*

Agency	Contact Details	Website
Access Mental Health	Ph: 1800 629 354	<a href="https://www.canberrahealthservices.act.gov.au/services-and-clinics/services/access-mental-health">https://www.canberrahealthservices.act.gov.au/services-and-clinics/services/access-mental-health</a>
Home Assessment and Acute Response Team (HAART)	Ph: 1800 629 354	<a href="https://www.canberrahealthservices.act.gov.au/services-and-clinics/services/home-assessment-and-acute-response-team-haart">https://www.canberrahealthservices.act.gov.au/services-and-clinics/services/home-assessment-and-acute-response-team-haart</a>
ANU Crisis Support line for students	Ph: 1300 050 327 Text 0488 884 170	<a href="https://www.anu.edu.au/students/health-safety-wellbeing/getting-help-at-anu/urgent-support">https://www.anu.edu.au/students/health-safety-wellbeing/getting-help-at-anu/urgent-support</a>
Lifeline Canberra	Ph: 13 11 14	<a href="https://www.act.lifeline.org.au/">https://www.act.lifeline.org.au/</a>
Suicide Call Back Service	Ph: 1300 659 467	<a href="https://www.suicidecallbackservice.org.au/">https://www.suicidecallbackservice.org.au/</a>
Kids Helpline	Ph: 1800 551 800	<a href="https://kidshelpline.com.au/">https://kidshelpline.com.au/</a>

Agency	Contact Details	Website
Child and Adolescent Mental Health Services (CAMHS)	Ph: 02 5124 1407	<a href="https://www.canberrahealthservices.act.gov.au/services-and-clinics/services/child-and-adolescent-mental-health-service-camhs-community-teams">https://www.canberrahealthservices.act.gov.au/services-and-clinics/services/child-and-adolescent-mental-health-service-camhs-community-teams</a>
Canberra Rape Crisis Centre	Ph: 02 6247 2525	<a href="https://crcc.org.au/">https://crcc.org.au/</a>
Domestic Violence Crisis Service	Ph: 02 6280 0900	<a href="https://dvcs.org.au/">https://dvcs.org.au/</a>
Poisons information line	Ph: 131 126	<a href="https://www.health.gov.au/contacts/poisons-information-centre">https://www.health.gov.au/contacts/poisons-information-centre</a>
Emergency Services	Ph: 000	<a href="https://esa.act.gov.au/">https://esa.act.gov.au/</a>
ANU Security	Ph: 02 6125 2249	<a href="https://www.anu.edu.au/students/health-safety-wellbeing/living-legally-safe/safety-and-security-at-anu">https://www.anu.edu.au/students/health-safety-wellbeing/living-legally-safe/safety-and-security-at-anu</a>

## ANU Mental Health Services

Agency	Contact Details	Website
<p><b>Advisor to Staff</b> The Adviser is the internal provider of services for staff and also provides an advisory service for managers and supervisors.</p> <p><b>Campus location:</b> Chancelry, Building 10A East Road (Lower ground floor)</p>		
Gail Frank	Ext 53616 (Monday, Tuesday, Wednesdays & Thursday) Email: Staff.Adviser@anu.edu.au	<a href="https://services.anu.edu.au/human-resources/wellbeing/employee-assistance-program">https://services.anu.edu.au/human-resources/wellbeing/employee-assistance-program</a>
Amanda Morrison	Ext 52211 (Wednesday)	
Maaria Haque	Ext 58283 (Tuesday, Wednesday, Thursday)	
<p><b>Employee Assistance Program Providers</b></p>		
<p>Assure is one of the two external providers for staff and their immediate family members. It provides support for a broad range of personal and work related issues as well as an advisory service for managers and supervisors. This service includes phone, face-to-face and online (skype or email) counselling.</p>	Ph: 1800 808 374	<p>Location: Level 9, Nishi Building, Acton</p> <p>Appointments: 9am-5pm and 24hr after hours service</p> <p><a href="http://www.assureprograms.com.au">www.assureprograms.com.au</a></p> <p>Entitlement: Four free appointments per year for staff members and their immediate family members.</p>

Agency	Contact Details	Website
<p>Relationships Australia is one of the two external providers for staff and their family members. It provides support for a broad range of personal and work related issues as well as an advisory service for managers and supervisors.</p>	<p>Ph: 02 6122 7100</p>	<p>Face to face counselling location: Deakin            Appointments: 9am to 5pm Monday to Friday            Website: <a href="http://www.relationships.com.au">www.relationships.com.au</a>            Entitlement: Four free appointments per year for staff members and their immediate family members.</p>
<p>ANU Psychology Clinic</p>	<p>Ph: 02 6125 8498</p>	<p><a href="https://psychology.anu.edu.au/clinic/anu-psychology-clinic">https://psychology.anu.edu.au/clinic/anu-psychology-clinic</a></p>
<p><b>Student Wellbeing Services and Supports</b></p>		
<p>Student Wellbeing Team</p>	<p>Ph: 02 6125 2211            Email: <a href="mailto:Student_wellbeing@anu.edu.au">Student_wellbeing@anu.edu.au</a></p>	<p><a href="https://www.anu.edu.au/students/contacts/student-safety-and-wellbeing">https://www.anu.edu.au/students/contacts/student-safety-and-wellbeing</a></p>
<p>ANU Student Counselling</p>	<p>Ph: 02 6125 2211</p>	<p><a href="https://www.anu.edu.au/students/health-safety-wellbeing/getting-help-at-anu/anu-counselling">https://www.anu.edu.au/students/health-safety-wellbeing/getting-help-at-anu/anu-counselling</a></p>
<p>ANU Student Association (ANUSA)</p>	<p>Ph: 02 6125 2444            Email: <a href="mailto:sa.admin@anu.edu.au">sa.admin@anu.edu.au</a>            Visit: Level 2, Di Riddell Student Centre, University Avenue</p>	<p><a href="https://anusa.com.au/">https://anusa.com.au/</a></p>
<p>Access and Inclusion</p>	<p>Ph: 02 6125 5036            Email: <a href="mailto:access.inclusion@anu.edu.au">access.inclusion@anu.edu.au</a></p>	<p><a href="https://www.anu.edu.au/students/accessibility">https://www.anu.edu.au/students/accessibility</a></p>

Agency	Contact Details	Website
Safety and Wellbeing Team	Email: <a href="mailto:injurymanagement@anu.edu.au">injurymanagement@anu.edu.au</a>	<a href="https://services.anu.edu.au/business-units/human-resources-division/work-environment-group-weg/safety-and-wellbeing-f-weg/safety">https://services.anu.edu.au/business-units/human-resources-division/work-environment-group-weg/safety-and-wellbeing-f-weg/safety</a>
Staff Respect Consultant	Ph: 02 6125 6763 Email: <a href="mailto:staffrespect@anu.edu.au">staffrespect@anu.edu.au</a>	<a href="https://services.anu.edu.au/human-resources/wellbeing/employee-assistance-program">https://services.anu.edu.au/human-resources/wellbeing/employee-assistance-program</a>
Respectful Relationships Unit	Ph: 02 6125 2211	<a href="https://www.anu.edu.au/students/health-safety-wellbeing/respectful-relationships">https://www.anu.edu.au/students/health-safety-wellbeing/respectful-relationships</a>
Early Intervention Funding	Email: <a href="mailto:injurymanagement@anu.edu.au">injurymanagement@anu.edu.au</a>	<a href="https://policies.anu.edu.au/ppl/document/ANUP_000760">https://policies.anu.edu.au/ppl/document/ANUP_000760</a>
Staff Relief Fund	Email: <a href="mailto:communitywellbeing@anu.edu.au">communitywellbeing@anu.edu.au</a>	<a href="https://services.anu.edu.au/human-resources/wellbeing/staff-relief-fund">https://services.anu.edu.au/human-resources/wellbeing/staff-relief-fund</a>
ANUOK App		<a href="https://services.anu.edu.au/campus-environment/safety-security/anuok-app">https://services.anu.edu.au/campus-environment/safety-security/anuok-app</a>

## Mental Health External Resources

Agency	Contact Details	Website
ACT Mental Health	Ph: 1800 629 354	<a href="https://health.act.gov.au/services/mental-health">https://health.act.gov.au/services/mental-health</a>
General Practitioners		
Psychiatrists		
Psychologists		
Alcohol and drug services – ACT Health	Ph: 02 5124 9977	<a href="https://www.canberrahealthservices.act.gov.au/services-and-clinics/alcohol-and-drug-services">https://www.canberrahealthservices.act.gov.au/services-and-clinics/alcohol-and-drug-services</a>
Kids Helpline	Ph: 1800 551 800	<a href="https://kidshelpline.com.au/">https://kidshelpline.com.au/</a>
13 YARN	Ph: 13 92 76	<a href="https://www.13yarn.org.au/">https://www.13yarn.org.au/</a>
Menslink	Ph: 02 6287 2226	<a href="https://menslink.org.au/contact/">https://menslink.org.au/contact/</a>
Her Canberra	Email: <a href="mailto:hello@hercanberra.com.au">hello@hercanberra.com.au</a>	<a href="https://hercanberra.com.au/">https://hercanberra.com.au/</a>
Meridian	Ph: 02 6257 2855	<a href="https://www.meridianact.org.au/">https://www.meridianact.org.au/</a>
Headspace	Ph: 02 5109 9700	<a href="https://headspace.org.au/">https://headspace.org.au/</a>

1800 Respect	Ph: 1800 737 732	<a href="https://www.1800respect.org.au/">https://www.1800respect.org.au/</a>
Beyond Blue	Ph: 1300 224 636	<a href="https://www.beyondblue.org.au/">https://www.beyondblue.org.au/</a>
Open Arms	Ph: 1800 011 046	<a href="https://www.openarms.gov.au/">https://www.openarms.gov.au/</a>
Qlife	Ph: 1800 184 527	<a href="https://qlife.org.au/">https://qlife.org.au/</a>
Head to Health	Ph: 1800 595 212	<a href="https://www.headtohealth.gov.au/">https://www.headtohealth.gov.au/</a>
Health Direct	Ph: 1800 022 222	<a href="https://www.healthdirect.gov.au/">https://www.healthdirect.gov.au/</a>
Black Dog Institute	Ph: 02 9382 2991	<a href="https://www.blackdoginstitute.org.au/">https://www.blackdoginstitute.org.au/</a>
Ecouch	Email: <a href="mailto:ecouch@ehubhealth.com">ecouch@ehubhealth.com</a>	<a href="https://ecouch.com.au/">https://ecouch.com.au/</a>
Mood Gym	Email: <a href="mailto:moodgym@supportteam.com">moodgym@supportteam.com</a>	<a href="https://moodgym.com.au/">https://moodgym.com.au/</a>
Sane Australia	Ph: 1800 187 263	<a href="https://www.sane.org/">https://www.sane.org/</a>
Comcare Mental Notes	Ph: 1300 366 979	<a href="https://www.comcare.gov.au/safe-healthy-work/mentally-healthy-workplaces/mental-notes">https://www.comcare.gov.au/safe-healthy-work/mentally-healthy-workplaces/mental-notes</a>
Mental Health First Aid Australia	Ph: 03 9079 0200	<a href="https://www.mhfa.com.au/">https://www.mhfa.com.au/</a>
Butterfly Foundation	Ph: 1800 334 673	<a href="https://butterfly.org.au/">https://butterfly.org.au/</a>
PANDA (parenthood)	Ph: 1300 726 306	<a href="https://panda.org.au/">https://panda.org.au/</a>

Mindspot	Ph: 1800 614 434	<a href="https://www.mindspot.org.au/">https://www.mindspot.org.au/</a>
My Compass (Black Dog)	Ph: 02 9382 3719	<a href="https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/mycompass/">https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/mycompass/</a>
Victims Support ACT (crime)	Ph: 1800 822 272	<a href="https://www.hrc.act.gov.au/victim-support">https://www.hrc.act.gov.au/victim-support</a>
Support Groups External - Lifeline	Ph: 13 11 14	<a href="https://www.lifeline.org.au/get-help/external-support-services/">https://www.lifeline.org.au/get-help/external-support-services/</a>

## Support Groups

Agency	Contact Details	Website
Quitline	Ph: 137 848	<a href="https://www.health.gov.au/contacts/quitline">https://www.health.gov.au/contacts/quitline</a>
Family Drug Support	Ph: 1300 368 186	<a href="https://www.fds.org.au/">https://www.fds.org.au/</a>
Alcoholics Anonymous	Ph: 1300 222 222	<a href="https://aa.org.au/">https://aa.org.au/</a>
Narcotics Anonymous	Ph: 1300 652 820	<a href="https://www.na.org.au/multi/">https://www.na.org.au/multi/</a>
Gamblers Anonymous	Ph: 1800 858 858	<a href="https://www.gamblinghelponline.org.au/">https://www.gamblinghelponline.org.au/</a>
Financial Counselling Australia	Ph: 1800 007 007	<a href="https://ndh.org.au/financial-counselling/">https://ndh.org.au/financial-counselling/</a>