






















## Crisis support services

If you or someone you care for is in need of immediate assistance you can contact:

Mental Health Support Services	
	24/7 free and confidential nationwide crisis support and suicide prevention service for anybody who is experiencing emotional distress. Phone <a href="tel:131114">13 11 14</a> . Text <a href="tel:0477131114">0477 13 11 14</a>
	Telus Health* is the employee assistance program (EAP) for UCAQ, providing confidential counselling and urgent support 24/7 to workers and lay leaders of the Uniting Church Queensland Synod. *T&Cs apply. For questions about the EAP, email: <a href="mailto:health.safety@ucaqld.com.au">health.safety@ucaqld.com.au</a> or <a href="mailto:hr@ucaqld.com.au">hr@ucaqld.com.au</a> Telus Health phone <a href="tel:1300360364">1300 360 364</a> .
	24/7 free nationwide service providing phone and online counselling to people affected by suicide. <a href="tel:1300659467">1300 659 467</a>
	24/7 free, confidential counselling to assist Australians to achieve their best possible mental health. Earlier, easier, together. <a href="tel:1300224636">1300 224 636</a>
<b>1300 MH CALL Queensland</b>	24/7 free, confidential mental health *telephone triage service that provides the first point of contact to public mental health services. *Only available in Queensland. 1300 642 255
	24/7 free telephone, online counselling service offering support for men nationwide. <a href="tel:1300789978">1300 789 978</a>
	A youth mental health service for ages 12–25 providing early intervention and support. <a href="tel:1800650590">1800 650 590</a>
	Free, online mental counselling, peer support, and anonymous online community forums for people 18+ years of age with complex mental health needs, their family, friends and carers. From 10am- 8pm (AEDT/AEST) Monday to Friday 1800 18 7263; Translating and Interpreting Service, call <a href="tel:131450">131 450</a> .
	24/7 free nation-wide counselling and live chat for children and young people aged 5 to 25 years <a href="tel:1800551800">1800 551 800</a>
Natural Disaster Support Services	
	If a natural disaster (e.g. flood, bushfire, etc) has affected you, get free counselling by calling Services Australia. Visit the Disaster Assist website and find disaster toolkits and resources at <a href="https://www.medicare.gov.au/medicare-mental-health">Medicare Mental Health 180 22 66</a> ; <a href="https://www.disasterassist.gov.au">Disaster Assist</a> website
	Access information relevant to Presbyteries and Congregations within the Uniting Church, Queensland Synod, including details on disaster management planning and relief appeals at <a href="https://www.unitingchurch.org.au/disaster-management">Disaster Management - Uniting Church</a>
Financial Support Services	
	Expert financial guidance at no cost, with your privacy guaranteed every step of the way. <a href="tel:1800007007">1800 007 007</a>
Aboriginal & Torres Strait Islander Support Services	
	Thirteen YARN is a national crisis support line, confidential one-on-one with an Aboriginal or Torres Strait Islander Crisis Supporter. <a href="tel:139276">13 92 76</a>
	The Brother-to-Brother crisis line offers phone support for Aboriginal men dealing with relationship, family, parenting, drug, alcohol and other struggles. Staffed by Aboriginal men with lived experience, including Elders. <a href="tel:1800435799">1800 435 799</a>
Other Services	
	QLife supports the LGBTIQ+ community and is available by phone daily from 3pm to midnight. <a href="tel:1800184527">1800 184 527</a>
	Multicultural Connect Line is a free, statewide Queensland service offering culturally responsive psychosocial support to multicultural communities, available Monday to Friday, 9am–4.30pm. 1300 079 020. E: <a href="mailto:mcl@worldwellnessgroup.org.au">mcl@worldwellnessgroup.org.au</a>
	24/7 free support for those affected by domestic, family, or sexual violence. <a href="tel:1800737732">1800 737 732</a>
	The Butterfly Foundation offers support services for individuals experiencing eating disorders and body image concerns. <a href="tel:1800334673">1800 334 673</a>
	24/7 free and confidential phone service that provides counselling, advice, and information for those struggling with addictions. <a href="tel:1800250015">1800 250 015</a>
	Nationwide mental health service to help find the best care options. <a href="tel:1800595212">1800 595 212</a> (weekdays 8:30am-5pm)
	. 24/7 free and confidential National Dementia Helpline for family and health professionals - <a href="tel:1800100500">1800 100 500</a> . Elder abuse Helpline 1300 651 192 (weekdays 9am-5pm)
	24/7 free and confidential domestic and family violence crisis counselling and referral service <a href="tel:1800811811">1800 811 811</a> (Women's line); 1800 600 636 (Men's Line)