



Local suicide prevention

HELP-A-MATE

MACKAY, ISAAC & WHITSUNDAY RESOURCES

ONLINE HELP & INFORMATION: lifeline.org.au • beyondblue.org.au • sane.org
suicidecallbackservice.org.au • health.qld.gov.au/mentalhealth/

[emergencies]

**AMBULANCE, POLICE & FIRE
EMERGENCY SERVICES CALL 000**

YOUR LOCAL EMERGENCY DEPARTMENT

[immediate crisis]

MACKAY Division of MENTAL HEALTH & AODs

(Adult & Youth) (24 hr)

1300 MH CALL (1300 642 255)

LIFELINE Australia Crisis Line (24 hr) 13 11 14

SUICIDE CALL BACK Service (24 hr) 1300 659 467

KIDS Help Line (24 hr) 1800 551 800

MENSLINE Australia (24 hr) 1300 789 978

DV CONNECT (24 hr) 1800 811 811

OPEN ARMS - Veterans and their families

(24 hr) **1800 011 046**

Your **Local GP (Doctor)**... Find a list of local Bulk Billing GPs at www.grapevinegroup.org.au

[telephone / face-to-face counselling, and referral services]

HEADSPACE MACKAY (12-25 yrs) 07 4898 2200

YIRS ONE STOP YOUTH SHOP INC. Free support and advisory service (12-25 yrs) **07 4957 7949**

PANDA Free perinatal anxiety and depression helpline **1300 726 306**

PARENTLINE 1300 301 300

PRIVATE Psychologists & Counsellors

CHURCH Pastors, Priests & Ministers

SUICIDE CALL BACK Service (24 hr) 1300 659 467

Phone counselling for at risk of suicide, carers and the bereaved

ANGLICARE (face-to-face) 07 4953 3444

FAMILY Drug Support 1300 368 186

CENTACARE 1300 523 985

DOMESTIC Violence Resource Service Mackay
07 4953 1788

ADIS Alcohol & Drug Information Service helpline
(24 hr) **1800 177 833**

ATSICHS Aboriginal Torres Strait Islander
Community Health Service 07 4957 9400

GAMBLING Helpline **1800 858 858**

QLIFE GAY & Lesbian Counselling **1800 184 527**

SEXUAL Assault Helpline **1800 010 120**

LIFELINE Mackay-Whitsundays 07 4944 2300

NATIONAL DEBT Helpline **1800 007 007**

RELATIONSHIPS Australia **1300 364 277**

MACKAY WOMEN'S Services 07 4953 1788

[services for bereaved by suicide]

STANDBY Support After Suicide

(Free face-to-face and phone support.

May travel to you) (24 hr) **1300 727 247**

SUICIDE CALL BACK Service (24 hr) **1300 659 467**

Phone counselling for the bereaved

[carer, support services for mental health]

COMMONWEALTH Respite & Carelink
referral (24 hr) **1800 052 222**

SELECTABILITY Specialist Mental Wellbeing
Practice 07 4951 2973



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GROUP APP FOR MORE LOCAL
HELP AND SIGN UP FOR
FREE SAFETALK TRAINING**