

Disability Support Services

♥ NDIS

1800 800 110 (8am-8pm Mon-Fri)
Chat online
enquiries@ndis.gov.au
www.ndis.gov.au

♥ NDIS Quality & Safeguards Commission

1800 035 544 (9am-5pm* Mon-Sun AEST)
www.ndiscommission.gov.au
**Northern Territory 9am-4.30pm*

♥ First2Care Support Team

1300 322 273 (9am-5pm Mon-Fri AEST)
support@first2care.com.au
www.first2care.com.au

♥ First2Care Accounts Team

1300 322 273 (9am-5pm Mon-Fri AEST)
accounts@first2care.com.au
www.first2care.com.au

♥ PWDA (People with Disability Australia)

1800 422 015 (9am-5pm Mon-Fri)
pwd@pwd.org.au
www.pwd.org.au

♥ WWDA (Women with Disabilities Australia)

0438 535 123 (9am-4pm Mon-Fri)
officeadmin@wwda.org.au
www.wwda.org.au

♥ Medhealth Disability Information Helpline

1800 643 787 (8am-8pm Mon-Fri AEST,
9am-7pm Sat-Sun AEST)
www.medhealth.com.au

Mental Health Organisations

If you or someone you know is in a crisis and needs help now, please call triple zero (000).

♥ Beyond Blue

1300 22 4636 (24/7)
Chat online
Email form on website
www.beyondblue.org.au

♥ Blue Knot Foundation Helpline

1300 657 380 (9am-5pm Mon-Sun AEST)
helpline@blueknot.org.au
www.blueknot.org.au

♥ Butterfly Foundation National Helpline

1800 334 673 (8am -12am Mon-Sun AEST)
Chat online
support@butterfly.org.au
www.butterfly.org.au

♥ eheadspace

1800 650 890 (9am-1am Mon-Sun AEST)
Chat online
Email (form on website)
www.headspace.org.au/eheadspace

♥ FriendLine

1800 242 287 (10am-8pm Mon-Sun)
Chat online
www.friendline.org.au

♥ Kids Helpline

1800 551 800 (24/7)
Chat online
counsellor@kidshelpline.com.au
www.kidshelpline.com.au

Mental Health Organisations (Cont.) **Lifeline**

13 11 14 (24/7)
0477 131 114 (text only, 12pm-12am AEST)
Chat online
www.lifeline.org.au

 **MensLine Australia**

1300 789 978 (24/7)
Chat online
Video chat
www.mensline.org.au

 **MindSpot**

1800 614 434 (8am-8pm Mon-Fri AEST,
8am-6pm Sat AEST)
www.mindspot.org.au

 **National Counselling & Referral Service -
Disability**

1800 421 468 (9am-6pm Mon-Fri, 9am-5pm
Sat, Sun, public holiday AEST)
www.blueknot.org.au/national-counselling-referral-service-disability

 **QLife**

1800 184 527 (3pm-12am Mon-Sun)
Chat online
[www.qlife.org.au](http://www qlife.org.au)

 **PANDA (Perinatal Anxiety & Depression
Australia)**

1300 726 306 (9am-7.30pm Mon-Fri AEST)
www.panda.org.au

 **Suicide Callback Service**

13 11 14 (24/7)
0477 131 114 (text only, 12pm-12am AEST)
Chat online
www.suicidecallbackservice.org.au

 **Open Arms**

1300 789 978 (24/7)
Chat online
Video chat
www.openarms.gov.au

 **1800RESPECT**

1800 614 434 (8am-8pm Mon-Fri AEST,
8am-6pm Sat AEST)
www.1800respect.org.au

Aboriginal & Torres Strait Islander **WellMob**

0893 706 336
healthinonet@ecu.edu.au
www.wellmob.org.au