

## ♥ Contact Details: Disability Support Services & Mental Health Organisations

### DISABILITY SUPPORT SERVICES

- ♥ **NDIS**  
**1800 800 110** (8am-8pm Mon-Fri)  
Chat online  
[enquiries@ndis.gov.au](mailto:enquiries@ndis.gov.au)  
[www.ndis.gov.au](http://www.ndis.gov.au)
- ♥ **NDIS Quality & Safeguards Commission**  
**1800 035 544**  
(9am-5pm\* Mon-Sun AEST)  
[www.ndiscommission.gov.au](http://www.ndiscommission.gov.au)  
\*Northern Territory 9am-4:30pm
- ♥ **Disability Gateway**  
**1800 643 787**  
(8am-8pm Mon-Fri AEST/AEDT)  
[disabilitygateway@benevolent.org.au](mailto:disabilitygateway@benevolent.org.au)  
<https://www.disabilitygateway.gov.au/>
- ♥ **PWDA (People with Disability Australia)**  
**1800 422 015** (9am-5pm Mon-Fri)  
[pwd@pwd.org.au](mailto:pwd@pwd.org.au)  
[www.pwd.org.au](http://www.pwd.org.au)
- ♥ **WWDA (Women with Disabilities Australia)**  
**0438 535 123** (9am-4pm Mon-Fri)  
[officeadmin@wwda.org.au](mailto:officeadmin@wwda.org.au)  
[www.wwda.org.au](http://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](http://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](http://www.beyondblue.org.au)
- ♥ **Blue Knot Foundation Helpline 1300 657 380** (9am-5pm Mon-Sun AEST)  
[helpline@blueknot.org.au](mailto:helpline@blueknot.org.au)  
[www.blueknot.org.au](http://www.blueknot.org.au)
- ♥ **Butterfly Foundation National Helpline 1800 334 673** (8am-12am Mon-Sun AEST)  
Chat online  
[support@butterfly.org.au](mailto:support@butterfly.org.au)  
[www.butterfly.org.au](http://www.butterfly.org.au)
- ♥ **headspace**  
**1800 650 890** (9am-1am Mon-Sun AEST)  
Chat online  
Email (form on website)  
[www.headspace.org.au/eheadspace](http://www.headspace.org.au/eheadspace)
- ♥ **FriendLine**  
**1800 242 287** (10am-8pm Mon-Sun)  
Chat online  
[www.friendline.org.au](http://www.friendline.org.au)
- ♥ **Kids Helpline**  
**1800 551 800** (24/7)  
Chat online  
[counsellor@kidshelpline.com.au](mailto:counsellor@kidshelpline.com.au)  
[www.kidshelpline.com.au](http://www.kidshelpline.com.au)

Contact our friendly team  
P: 1300 322 237  
[first2care.com.au](http://first2care.com.au)  
E: [support@first2care.com.au](mailto:support@first2care.com.au)

## MENTAL HEALTH ORGANISATIONS (CONTINUED)

- ♥ **Lifeline**  
**13 11 14** (24/7)  
**0477 131 114** (Text only, 12pm-12am AEST)  
Chat online  
[www.lifeline.org.au](http://www.lifeline.org.au)
- ♥ **MensLine Australia**  
**1300 789 978** (24/7)  
Chat online  
Video chat  
[www.mensline.org.au](http://www.mensline.org.au)
- ♥ **MindSpot:**  
**1800 614 434** (8am-8pm Mon-Fri AEST,  
8am-6pm Sat AEST)  
[www.mindspot.org.au](http://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](http://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](http://www.panda.org.au)

- ♥ **Suicide Callback Service**  
**1300 659 467** (24/7)  
Chat online  
Video Chat  
[www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)
- ♥ **Open Arms**  
**1800 011 046** (24/7)  
Online counselling  
Face-to face counselling  
Telephone counselling  
[www.openarms.gov.au](http://www.openarms.gov.au)
- ♥ **1800RESPECT**  
**1800 737 732** (24/7)  
[www.1800respect.org.au](http://www.1800respect.org.au)

## ABORIGINAL & TORRES STRAIT ISLANDER

- ♥ **WellMob**  
**0893 706 336**  
[healthinfonet@ecu.edu.au](mailto:healthinfonet@ecu.edu.au)  
[www.wellmob.org.au](http://www.wellmob.org.au)



Contact our friendly team  
P: 1300 322 237  
[first2care.com.au](http://first2care.com.au)  
E: [support@first2care.com.au](mailto:support@first2care.com.au)