

## Attachment 6: Resource list, Adult

If you are experiencing any distress during the course of participating in this study, please consider contacting any of the following services for help/assistance.

### The following services are available 24/7:

- Lifeline - 13 11 14
- Suicide Call Back Service - 1300 659 467
- Beyond Blue - 1300 224 636
- Standby Support After Suicide - 1300 727 247
- 13YARN - 13 92 76
- Nurse-on-Call - 1300 60 60 24
- The hospital emergency department nearest to you

### Other resources for support

- Talk to someone you trust
- Talk to your General Practitioner (GP)
- Contact your local Employee Assistance Program (EAP) (these have counsellors).

### Websites

- Lifeline: 24 hour, free call telephone counselling for all ages. Ph: 13 11 14. Website: <http://www.lifeline.org.au>.
- Beyondblue: provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live. Ph: 1300 22 4636. Website: <https://www.beyondblue.org.au/>
- The Turning Point Alcohol and Drug Centre: hosts an on-line counselling service for people seeking help about their own drug use or the drug use of a family member, relative or friend. A “live” professional counsellor is available is available 24-hours a day, 7-day a week. Website: <https://www.counsellingonline.org.au> or <https://www.turningpoint.org.au>. Telephone support is also available; check [here](#) for your local service
- The Butterfly foundation: Support groups for people with eating disorders, their family, friends and carers. Ph: 1800 33 4673. Website: <https://thebutterflyfoundation.org.au/>
- Centre Against Sexual Assault.  
Website: <http://www.casa.org.au/>
- 1800 RESPECT provides 24-hour, 7 day a week counselling, information and support. Ph: 1800 737 732. Website: <https://www.1800respect.org.au/>