This document is intended as a template of service providers, to serve as a starting point for you and your GLWS respondents, should they require some assistance in seeking out another professional to help them with their wellbeing needs.

We recommend that each GLWS user develop their own referral list, using their own contacts and specialist service providers in their location. The types of suggested professionals that might be a helpful starting point are listed below.

Also provided is a listing of Australian emergency helplines/online support contacts, although this is not an exhaustive list. Please substitute these emergency contacts for appropriate equivalents in your geographical location.

**Referral Network**

|  |  |  |  |
| --- | --- | --- | --- |
| **Profession** | **Name** | **Contact Details** | **Notes** |
| Counsellor |  |  |  |
| Relationship Counsellor |  |  |  |
| Clinical Psychologist |  |  |  |
| Psychiatrist |  |  |  |
| Sleep Specialist |  |  |  |
| Nutritionist |  |  |  |
| Naturopath |  |  |  |
| Acupuncturist |  |  |  |
| Health/Life Coach |  |  |  |

**General Mental Health, Anxiety and Depression – Australian contacts:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Service** | **Specialties** | **Phone** | **Website** |
| Lifeline | Confidential telephone counseling - Suicide, social isolation, mental illness | 13 11 44 | [www.lifeline.org.au](http://www.lifeline.org.au) |
| SANE Australia | Information about mental illness symptoms, treatments, where to go for support and help for carers and helpline | 1800 18 7263 | [www.sane.org](http://www.sane.org) |
| Black Dog Institute | Information on mood disorders such as depression and bipolar disorder |  | [www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au) |
| Beyond Blue | Anxiety, Depression, Bipolar infoline and information | 1300 22 4636 | [www.beyondblue.org.au](http://www.beyondblue.org.au) |
| Mental Health First Aid | Mental health education to the community |  | [www.mhfa.com.au](http://www.mhfa.com.au) |
| Mental Health information Service (NSW) | Information about anxiety, depression and mental illness, as well as ways to [boost your mental health](http://www.mentalhealth.asn.au/well-being/resources.html). Telephone support. | 1300 794 991 Mon-Fri  9am-5pm | [www.mentalhealth.asn.au](http://www.mentalhealth.asn.au) |
| Helpguide.org | Information to help health challenges including addictions, anxiety, bipolar disorder, depression, eating disorders, grief & loss, trauma, stress, suicide prevention |  | [www.helpguide.org](http://www.helpguide.org) |
| Salvo Care Line | Providing a wide range of care | 9331 6000 | [www.salvos.org.au](http://www.salvos.org.au) |
| Men’s Line Australia | Counseling, information and referral services for men with family and relationship concerns | 1300 789 978 | [www.menslineaus.org.au](http://www.menslineaus.org.au) |
| Reach Out | A web based service that provides information, support and interactive features to assist young people to get through tough times. |  | [www.au.reachout.com](http://www.au.reachout.com) |
| Just Ask Rural Mental Health Information and Referral Line | Information and helpline for mental health enquiries in rural areas | 1300 131 114 | <http://www.lifeline.org.au/Get-Help/Facts---Information/Rural-Mental-Health/Rural-Mental-Health> |
| Family Crisis Service | After hours support | 9622 0522 |  |
| Relationships Australia | Support and counseling for relationships | 1300 364 277 | [www.relationships.org.au](http://www.relationships.org.au) |
| Kids Help Line | Telephone counseling for children | 1800 55 1800 |  |
| Anxiety Disorder Information Line | Information and referral for people living in NSW, on issues relating to anxiety disorders, support groups, self-help group and seminars | 1300 794 992 | [www.mentalhealth.asn.au/our-programs/facing-anxiety](http://www.mentalhealth.asn.au/our-programs/facing-anxiety) |
| Heads Up | A Beyond Blue initiative that focuses on mental health in the workplace |  | [www.headsup.org.au](http://www.headsup.org.au) |
|  |  |  |  |

**Grief:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Service** | **Specialties** | **Phone** | **Website** |
| Australian Centre for Grief and Bereavement | Develop and provide a range of specialist interventions and innovative education services for grieving people who are at risk of adverse outcomes. | 1800 642 066 | [www.grief.org.au](http://www.grief.org.au) |
| Bereavement Support – Salvation Army Hope Line | 24 Hour Bereavement Support | 1300 467 354 |  |
|  |  |  |  |

**Suicide:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Service** | **Specialties** | **Phone** | **Website** |
| Salvo Crisis Line | For suicide | 9331 2000 |  |
| Suicide Call Back Service | Crisis counseling for those at risk of suicide or those affected by suicide | 1300 659 467 | www.suicidecallbackservice.org.au |
|  |  |  |  |

**Carer Support:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Service** | **Specialties** | **Phone** | **Website** |
| Carers Australia | Supports carers with counseling, advice, advocacy, education, training and respite | 1800 242 636 | [www.carersaustralia.com.au](http://www.carersaustralia.com.au) |
| Commonwealth Carelink | Details of government services for people with disabilities and their carers | 1800 052 222 | [www.commcarelink.health.gov.au](http://www.commcarelink.health.gov.au) |
| Association of the relatives and friends of the mentally ill | Free, confidential information, support and referral for family, carers, and friends of people with a mental illness | 02 9805 1883  03 98109300 | <http://www.arafemi.org.au> |

**Eating, Drinking and Drug Disorders:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Service** | **Specialties** | **Phone** | **Website** |
| The Butterfly Foundation | Offers telephone and email support for those with an eating disorder and their friends | 9412 4499 | [support@thebutterflyfoundation.org.au](mailto:support@thebutterflyfoundation.org.au)  [www.thebutterflyfoundation.org.au](http://www.thebutterflyfoundation.org.au) |
| Eating Disorders Victoria (EDV) | Provides information and support to people seeking information or help with an eating disorder | 1300 550 236 | [www.eatingdisorders.org.au](http://www.eatingdisorders.org.au) |
| Family Drug Support | 24/7 support for families faced with problematic drug use | 1300 368 186 |  |
| Drinkwise Australia | Drinkwise Australia is an independent, not-for-profit organisation focused on promoting change towards a healthier and safer drinking culture in Australia. |  | [www.drinkwise.org.au](http://www.drinkwise.org.au) |
| Alcoholics Anonymous | Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. |  | [www.aa.org.au](http://www.aa.org.au) |

If your client has difficulty with finding a suitable therapist to meet their needs, we highly recommend a service provider who specialises in matching people to their best fit therapist. Phone: 1300 123 680 or email [info@selectwellness.com.au](mailto:info@selectwellness.com.au) and the manager will interview you/your client about the needs and circumstances you are looking for some help with, and they will find you someone suitable (and available!) from within their extensive network of counsellors, psychotherapists, psychologists and psychiatrists. There is a small one-off fee for this service. When you contact them, let them know you are looking for their help in finding and matching a therapist and you are contacting them as recommended by Audrey McGibbon from EEK & SENSE.

*Note: this is an independent relationship from which EEK and Sense receive no financial benefit.*