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ACT

ACT Health Mental Health Services – Mental Health Triage Ph: 1800 629 354 (□□ □□, □□□ □□) Ph: (02) 6205 1065: http://health.act.gov.au/our-services/mental-health/act-wide-mental-health-services

ACT Mental Health Consumer Network: http://www.actmhcn.org.au/

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Mental Health Carers Voice: http://www.carersvoice.com.au/

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Mental Health Community Coalition of ACT: http://www.mhccact.org.au/about/

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NSW

NSW Ministry of Health (Mental Health Branch) Mental Health Line Ph. 1800 011 511: http://www.health.nsw.gov.au/mentalhealth/Pages/contact-service.aspx

Way Ahead Mental Health Association NSW: https://wayahead.org.au/

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Being: http://being.org.au/

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Mental Health Carers NSW: https://www.mentalhealthcarersnsw.org/

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Mental Health Coordinating Council: http://www.mhcc.org.au/

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NT

Northern Territory Mental Health Line (Mental Health Access Team) Ph. 1800 682 288: https://nt.gov.au/wellbeing/mental-health/24-hour-mental-health-hotlines

Carers NT: https://carersnt.asn.au/

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Northern Territory Mental Health Coalition: https://www.ntmhc.org.au/

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QLD

Queensland Health Ph. 13 HEALTH (13 43 25 84): □□ □□ □□□ □ □: https://www.qld.gov.au/health/mental-health/help-lines/services/index.html

Queensland Voice for Mental Health: http://qldvoice.org.au/

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Queensland Alliance for Mental Health: http://qldalliance.org.au/

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SA

SA Health Mental Health Triage Service / Assessment and Crisis Intervention Service, Ph. 13 14 65: https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/services/mental+health+and+drug+and+alcohol+services/mental+health+services/acute+mental+health+services

Health Consumers Alliance of South Australia: http://www.hcasa.asn.au/

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Carers South Australia: http://carers-sa.asn.au/

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Mental Health Coalition of South Australia: http://www.mhcsa.org.au/

The Mental Health Coalition of South Australia□ □□□□ □□□ □□ □□ □□□ □□ □□ □□□□□.

TAS

Department of Health and Human Services – Statewide Mental Health Services Ph. 1300 135 513: http://www.dhhs.tas.gov.au/mentalhealth/mhs_tas

Flourish Mental Health Action In Our Hands: http://flourishtas.org.au/

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Mental Health Carers Tasmania: http://www.mentalhealthcarerstas.org.au/

Mental Health Carers Tasmania (MHCTas)□ □□ □□ □□□ □□□ □□□□ □ □□ □□□□□.

Mental Health Council of Tasmania: https://www.mhct.org/

The Mental Health Council of Tasmania (MHCT)□ □□□□ □□□, □□□ □□ □□□ □□□□ □□□□□ □□□□ □□ □□ □□□ □□□ □□□□ □□ □□□□□.

VIC

Health Victoria Mental Health Services General Enquiries: 1300 767 299 (9.00 am to 5.00 pm) or 03 9096 8287: http://www.health.vic.gov.au/mentalhealthservices/

Victorian Mental Illness Awareness Council (VMIAC): http://www.vmiac.org.au/

VMIAC□ □□□□□□ □□ □□ □□□ □□ □□□□ □□ □□□□□□ □□ □□□ □□□□□. VMIAC□□□ □□ □□ □ □□ □□□ □□ □□, □□ □ □□□ □□□ □□, □ □ □ □□, □□ □ □□ □□ □□□ □□□ □□□□ □□□□.

Tandem (formerly Victorian Mental Health Carers Network): http://tandemcarers.org.au/

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Psychiatric Disability Services of Victoria (VICSERV): http://www.vicserv.org.au/

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WA

WA Department of Health mental health emergency 24/7 Ph. 1300 555 788 or 1800 522 002 (toll free)

Consumers of Mental Health WA: http://www.comhwa.org.au/

Consumers of Mental Health WA (CoMHWA)□ □□□□□ □□□ □□ □□□□ □□□□ □□□□□, □□ □□ □□□ □□□□ □□□ □□ □□ □□□ □□□ □□□□ □□□□ □□□ □□ □□□□ □□□□□. CoMHWA□ □□□□ □□ □□□ □□□ □□□□ □□ □□□□□.

Helping Minds: http://helpingminds.org.au/

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Western Australian Association for Mental Health: https://waamh.org.au/

The Western Australian Association for Mental Health (WAAMH)□ □□□□□ □□□□ □□ □□ □□ □□ □□ □□ □□ □□□□□, 100 □□ □□□ □□ □□□ □□ □□□ □□□□ □□□□.

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- □□□ –**Aged and Disability Advocates Australia:** https://adaaustralia.com.au

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- Lifeline13 11 14
- Suicide Call Back Service 1300 659 467
- Kids Helpline 1800 55 1800
- MensLine Australia 1300 78 99 78

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- Veterans and Veterans Families Counselling Service 1800 011 046

- All-hours Support Line 1800 628 036
- Defence Family Helpline 1800 624 608
- 1800 IM SICK 1800 467 425

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