

External Mental Health Websites & Hotlines

-  [**The Butterfly Foundation**](#) Online, email and phone support for Australians living with eating disorders and their family and friends. Ages 14+. Phone support available Mon-Fri 8am-9pm AEST.
-  [**Beyondblue**](#) The national depression initiative. Provides national leadership to increase community awareness, prevention and early intervention of depression and related illnesses. Ph: 1300 22 4636
-  [**Lifeline Australia**](#) The peak body for Lifeline Centres which provide telephone counselling, and information, referral and associated services in local areas. Ph: 13 11 14
-  [**Headspace**](#) National Youth Mental Health Foundation. Provides health advice, support and information to young Australians aged 12-25.
-  [**ReachOut.com**](#) A youth mental health service providing practical tools, forums and information in a safe and anonymous online environment.
-  [**SANE forums**](#) Provide peer support for people living with a mental illness or related mental health issues, and for family, friends and other carers.
-  [**Black Dog Institute**](#) A not-for-profit, educational, research, clinical and community-oriented facility offering specialist expertise in depression and bipolar disorder.
-  [**Head to Health**](#) Helps you find Australian mental health resources.
-  [**Healthdirect**](#) Provides a range of free health services on behalf of the governments of Australia.
-  [**Kids Help Line**](#) Provides a free 24 hour national telephone and online counselling service for young people (5-25) in Australia. Ph: 1800 55 1800
-  [**Living is for Everyone \(LIFE\)**](#) Suicide and self-harm prevention in Australia.
-  [**Happify**](#) Online positive psychology games website.
-  [**Mental Health in Multicultural Australia**](#) Builds awareness of mental health and suicide prevention amongst Australians from culturally and linguistically diverse backgrounds.