


Australian Lifesaver Training has compiled the following list of support services for our training event participants.

For assistance please contact your trainer or Australian Lifesaver Training for a confidential discussion regarding support services. Our updated contact details are listed on our website www.alt.edu.au.

For all medical issues please consult your GP or medical professional.

In an emergency call 000

 <p>Lifeline Saving Lives Crisis Support. Suicide Prevention.</p>	<p>For Crisis Support & Suicide Prevention contact LifeLine, they have a range of options and may refer you to the correct provider to assist you. 24/7</p> <p>13 4257</p>
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Alcohol and other drugs		
Organisation	Services	Website/Contact
Australian Government. Department of Health and Ageing	Information on alcohol-related health, science and news provided by the Australian Government with useful links and websites.	https://www.health.gov.au/health-topics
Drug Info Clearinghouse	Online library on drug and alcohol-related information and resources, including useful fact sheets.	https://adf.org.au/
Direct Line	Turning Point's state-wide telephone services network operates 24 hours, seven days. Trained counsellors provide information and referral to the public and to health professionals.	PH: 1800 888 236
Counselling Online	Counselling Online is a service where you can communicate with a professional counsellor about an alcohol or drug related concern using text interaction. This service is free for anyone seeking help with their own drug use or the drug use of a family member, relative or friend. Counselling Online is available 24 hours a day, 7 days a week.	https://www.counsellingonline.org.au/
Anger Management		
Australian Psychological Society	Tip sheet about anger problems and strategies for managing anger.	https://www.psychology.org.au/for-the-public/
Beyond Blue	Provides information and support to help everyone in Australia achieve their best	https://www.beyondblue.org.au/

Black Dog Institute	Strategies and support	https://www.blackdoginstitute.org.au/news/news-detail/2018/02/28/how-to-deal-with-anger-to-better-ourselves
Help Guide	Tips and techniques to help anger management	https://www.helpguide.org/articles/relationships-communication/anger-management.htm
Uniting	Counselling and mediation, via the phone and in some cases face to face depending on your location. Call to set up an appointment.	PH: 1800 864 846
Mens Line Australia	Australia wide support for men, telephone and counselling service for men with emotional health and relationship concerns.	https://mensline.org.au/
Anxiety		
Organisation	Services	Website/Contact
Beyond Blue	An Australian website providing detailed information on a range of mental health issues, as well as providing links with other useful sites.	https://www.beyondblue.org.au/
Clinical Research Unit for Anxiety and Depression (CRUFAD)	Information and self-help material available from this site provided by St. Vincent's Hospital and The University of New South Wales.	https://crufad.org/
Macquarie University Anxiety Research Unit (MUARU)	Specialist clinical unit based at Macquarie University provides treatment programs and information on anxiety related disorders.	PH: 1800 888 236
Counselling Online	Counselling Online is a service where you can communicate with a professional counsellor about an alcohol or drug related concern using text interaction. This service is free for anyone seeking help with their own drug use or the drug use of a family member, relative or friend. Counselling Online is available 24 hours a day, 7 days a week.	https://www.counsellingonline.org.au/
My Compass	A personalised self-help tool for your mental health	https://www.mycompass.org.au/
SANE Australia	Operates a Helpline, website and provides information for people affected by a mental illness, their families and friends.	https://www.sane.org/
Bipolar Disorder		
Black Dog Institute	A clinical, research and educational facility whose website provides information on the diagnosis, treatment and getting assistance for depression and bipolar disorder.	https://www.blackdoginstitute.org.au/
Help Guide	Living with Bipolar Disorder - Article	https://www.helpguide.org/articles/bipolar-disorder/living-with-bipolar-disorder.htm
Mission Australia	A range of services and help with Bipolar and other mental health issues	https://www.missionaustralia.com.au/

SANE Australia	Operates a Helpline, website and provides information for people affected by a mental illness, their families and friends.	https://www.sane.org/
Culturally and Linguistically Diverse (CALD)		
Australian Multicultural Foundation	To cultivate in all Australian's a strong commitment to Australia as one people drawn from many cultures and by so doing to advance its social and economic well-being.	https://www.amf.net.au/
Australia's Multicultural Policy	Fact sheet released by the Australian Government.	https://www.mia.org.au/documents/item/232
The Nature Conservancy Australia	Aboriginal people reconnecting to the land	https://www.natureaustralia.org.au/
Cultural Diversity	Fact the facts, information about cultural diversity in Australia.	https://www.humanrights.gov.au/our-work/education/face-facts-cultural-diversity
Drug and Alcohol Multicultural Education Service	Provides information, resources and support for people affected by drug and alcohol use in multicultural communities.	https://www.damec.org.au/
Home Affairs	Multicultural downloadable PDF outlining Australia's multicultural statement.	https://www.homeaffairs.gov.au/mca/Statements/english-multicultural-statement.pdf
Multicultural Australia	Find information on Australia's cultural diversity, including key dates and activities	https://www.australia.gov.au/information-and-services/culture-and-arts/multicultural-australia
Multicultural HIV/AIDS and Hepatitis Service	Information about HIV/AIDS, Hepatitis C, other sexual health issues and options for further support.	http://www.multiculturalhivhepc.net.au/
NSW Government	Translation services	https://multicultural.nsw.gov.au/interpreting-translation
Settlement Services International (SSI)	A range of services and support, Australia wide	https://www.ssi.org.au/
Translating and Interpreting Service (TIS)	The Translating and Interpreting Service (TIS National) is an interpreting service provided by the Department of Home Affairs for people who do not speak English and for agencies and businesses that need to communicate with their non-English speaking clients.	PH: 13 14 50
Depression		
Beyond Blue	An Australian website providing detailed information on a range of mental health issues, as well as providing links with other useful sites.	https://www.beyondblue.org.au/

Black Dog Institute	A clinical, research and educational facility whose website provides information on the diagnosis, treatment and getting assistance for depression and bipolar disorder.	https://www.blackdoginstitute.org.au/
Blue Pages	Provides information about the prevention and treatment of depression as well as other links.	https://bluepages.anu.edu.au/
Clinical Research Unit for Anxiety and Depression (CRUFAD)	Information and self-help material available from this site provided by St. Vincent's Hospital and The University of New South Wales.	https://crufad.org/
Mood GYM	An interactive web-based Cognitive Behavioural Therapy (CBT) program that helps people identify problem emotions and develop skills for preventing and managing depression.	https://moodgym.com.au/
Panic, Anxiety, Depression and Tranquilliser Dependency (RECONNEXION)	Victorian based counselling service providing information and useful links about anxiety and depression.	http://www.reconnexion.org.au/
SANE Australia	Operates a Helpline, website and provides information for people affected by a mental illness, their families and friends.	http://www.sane.org/
Disability Services		
Australian Disability Services	Information about therapy, advocacy, accessibility and accommodation services to Australians with disabilities.	https://www.ausdisability.com.au/
Australian Government Services Australia	Payments and services for people with an illness, injury or disability.	https://www.servicesaustralia.gov.au/individuals/people-disability
Civic	Not for profit supporting people with disabilities. Provides whole of life services to many NSW locations	https://www.civic.org.au/
Disability Services Australia	To enhance the lives of people with a disability by enabling opportunities for choice, inclusion and achieve at home, in the community through education, training and employment	https://www.dsa.org.au/
Domestic and Family Violence / Relationships		
1800RESPECT	National Sexual Assault, domestic family violence counselling services	<p>Ph: 1800 737 732 (24 hours)</p> <p>https://www.1800respect.org.au/violenceand-abuse/domestic-and-family-violence/</p> <p>(24hours online chat)</p>

Domestic Violence Line (NSW)	NSW Government website containing information on domestic violence	Ph: 1800 65 64 63 (24 hours) https://www.relationships.org.au/
Law link	Fact sheets and information about AVOs, legal advice, housing assistance, in addition to an extensive list of referrals for counselling and further support.	https://www.justice.nsw.gov.au/
Reach Out	Fact sheets about a variety of relationship issues.	https://au.reachout.com/explore-articles
Relationships Australia	Information on services provided by Relationships Australia as well as information on a range of relationship topics.	https://www.relationships.org.au/
Study Skills & Language, Literacy and Numeracy		
Department of Education	Australian Government support and information for Education	https://www.australia.gov.au/
LLN Videos	Workplace literacy and numeracy videos	http://www.ideasthatwork.com.au/lln/introduction-to-workplace-literacy-and-numeracy/ https://www.youtube.com/playlist?list=PLvidlZBmftgmPoubqdYkIJTF1WuhKNhxB
Reading Writing Hotline	Referral service for adult literacy and numeracy Student resources (reading, spelling, workplace writing, academic reading)	Ph: 1300 6 555 06 https://www.readingwritinghotline.edu.au/student-resources/
Skills wise	English and maths for adults, British site	https://www.bbc.co.uk/teach/skills-wise/english/zjg4scw

Not for Profit Charities	
	<p>A range of support and social services without discrimination. Bring hope to people who may be experiencing hardship or injustice.</p> <p>Located Australia wide, visit their website for more information on location and assistance.</p> <p>https://www.salvationarmy.org.au/</p>
	<p>A Children's charity helping disadvantaged Australia children to get the most out of their education, so they can create better futures for themselves.</p> <p>Located Australia wide, visit their website for more information on location and assistance.</p> <p>https://www.thesmithfamily.com.au/</p>



Over 130 community programs across NSW.

Visit their website to access information and areas of support.

<https://www.wesleymission.org.au/>

For all medical issues please consult your GP or medical professional.

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