



**ASAPD**

AUSTRALIAN SPORTING ALLIANCE  
FOR PEOPLE WITH A DISABILITY

**WELLBEING  
SUPPORT  
SERVICES**

ASAPD acknowledges that individuals may encounter challenges related to mental health and wellbeing, requiring timely support and assistance. In recognition of this, we have compiled a list of service providers offering confidential support through online or phone consultations. If you require in-person support, please contact your doctor or local health centre.

For individuals who are deaf or hard of hearing, information on text or online support services is also provided.

Family and friends are also encouraged to utilise these resources for guidance on supporting loved ones experiencing difficulties.

If you are concerned for your safety or the safety of others, seek immediate assistance by calling Triple Zero (000).

## CONTACTS IN EMERGENCY

### National Relay Service

Phone 1800 555 677

Online chat support [link](#)

Online captions support [link](#)

### Suicide Call Back Service

1300 659 467

Online chat support [link](#)

Website [link](#)

If you are concerned for your safety or the safety of others, seek immediate assistance by calling **Triple Zero (000)**.

## NON-EMERGENCY SUPPORT

### Lifeline

24/7 crisis and suicide prevention services.

Phone 13 11 14

Online chat support [link](#)

Text support 0477 13 11 14

### Kids Helpline

24/7 counselling for young people aged 5-25.

Phone 1800 551 800

Online chat support [link](#)

### Disability Gateway

Information and services to help people with disability, their family, friends and carers, to find the support they need in Australia.

Phone 1800 643 787

### beyondblue

24/7 for advice, referral and support from a trained mental health professional.

Phone 1300 224 636

Online chat support [link](#)

### 13YARN

24/7 Aboriginal & Torres Strait Islanders crisis support line.

Phone 13 92 76

### QLife

Phone and online anonymous LGBTIQ+ support and referral.

Phone 1800 184 527

Online chat support [link](#)

(3pm to midnight)

### Perinatal Anxiety and Depression Australia (PANDA)

Dedicated to supporting the mental health and wellbeing of expecting, new and growing families.

Phone 1300 726 306

(Mon to Fri, 9am - 7:30pm AEST)

### Parentline

Support, counselling and education for parents.

Phone 1300 301 300

Online chat support [link](#)

### Fortify Health Group (formerly Harmony Place)

Mental health services for culturally and linguistically diverse backgrounds and communities.

Phone (07) 3416 6660

### Open Arms - Veterans and Families Counselling

Provider of mental health assessment and counselling for Australian veterans and their families.

Phone 1800 011 046

### MensLine

24/7 support, information and referral service to help men with emotional, family and relationship issues.

Phone 1300 789 978

Online chat support [link](#)

### SANE helpline

Information, advice and referral for mental illness.

Phone 1800 187 263