

## 2.6 Phone Helplines and Information Services for Patients

NAME	NUMBER	HOURS	
Alcohol and Drug Information Service (ADIS)	1800 811 994	24 hours	Free confidential telephone advice service.
beyondblue	1300 224 636	Mon-Fri 8:30am- 9:30pm Sat & Sun 10am to 4:30pm	Information only, not a helpline.
Commonwealth Respite and Carelink Centre	1800 052 222	Mon-Fri 9-5	Provides primary carers with short term and emergency support and information.
Kids Helpline	1800 551 800	24 hours	Free and confidential telephone counselling service for 5 to 25 year olds.
Lifeline	131 114	24 hours	Free and confidential telephone counselling service.
Lifeline Information Service	1300 131 114	Mon-Fri 9-5	Information only, not a helpline.
Lifelink Samaritan	1300 364 566	24 hours, 7 days	Confidential telephone befriending service. "We listen; we care"
Mensline Australia	1300 789 978	24 hours	National phone counselling line.
Mental Health Services Helpline	1800 332 388	24 hours	Single entry point to Mental Health Services. Triage service where clinicians gather referral information and make an initial assessment. Intervention is based on category of need.
QUIT Line	13 7848	24 hours	Free confidential telephone advice service that provides information and support for people who want to quit smoking.
SANE Australia Helpline	1800 187 263	Mon-Fri 9-5	Provides information, advice & referral on issues relating to mental illness.
Suicide Call Back Service	1300 659 467		Not a crisis service. 6 counselling sessions available for people not linked with other services. Also available for people who have been affected by a suicide or who know someone contemplating suicide.
Veterans and Veterans Families Counselling Service (VVCS)	1800 011 046	24 hours	Free confidential telephone counselling provided by experienced psychologists and social workers. Available for veterans and their families.