

St John's Anglican Church

Where to get help?

Online & Phone Mental Health Services

Anglicare Counselling and Relationship services

counselling@anglicare.org.au

Ph: 1300 651 728

Lifeline

Ph: 13 11 14 (available 24/7)

www.lifeline.org.au

Kids Help Line
(for ages 5-25)

Ph; 1800 551 800 (available 24/7)

www.kidshelpline.com.au

Black Dog Institute

www.blackdoginstitute.org.au

Reachout (under 25 year olds)

www.au.reachout.com

Domestic Abuse

1800Respect

Ph: 1800 737 732

www.1800respect.org.au

DV Hotline

Ph: 1800 797 7233

www.thehotline.org

Employment

Australian Government Jobs Hub

<https://www.dewr.gov.au/jobs-hub>

Financial Assistance

Anglicare Food and Financial assistance

Ph: 8264 8600

Salvation Army

Ph: 1300 371 288

www.salvationarmy.org.au

Financial Counselling

LifeLine

www.lifeline.org.au

National Debt Helpline

Ph: 1800 077 077

www.ndh.org.au

MoneySmart

www.moneysmart.gov.au

