



WISECARER

Beyond Caregiving, Into Wellbeing

QUEENSLAND CRISIS & SUPPORT NUMBERS

When the weight of caregiving becomes overwhelming, or in moments of immediate crisis, fast access to reliable support is essential. Please know that you do not have to handle these moments alone. This page provides a clear, vital list of Queensland's essential 24/7 crisis, mental health, and support numbers.

EMERGENCY LINE – POLICE, FIRE AND AMBULANCE



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THE ACUTE CARE TEAM (ACT)



1300 642 255

HARMONY PLACE - MENTAL HEALTH SERVICES FOR CULTURALLY AND LINGUISTICALLY DIVERSE PEOPLE



(07) 3848 1600



MENSLINE

Free, confidential 24/7 national telephone and online counselling service for men with family, relationship, and mental health concerns



1300 78 99 78



13YARN

24 / 7 Crisis support for Aboriginal and Torres Strait Islanders



13 92 76



BROTHER TO BROTHER

24/7 phone support for Aboriginal men in Australia. The crisis line, which can be reached at



1800 435 799



MENTAL HEALTH & SUICIDE PREVENTION



LIFELINE

24/7 - Emotional distress and crisis support and suicide prevention service



13 11 14



Queensland
Mental Health
Commission

MENTAL HEALTH LINE

24/7 - Contact with public mental health services for Queenslanders



1300 642 255



BEYOND BLUE

24/7 - Support, advice and information about depression, anxiety and suicide



1300 22 46 36



ARAFMI

24/7 - Mental Health Carer Support Line



1300 554 660



SUICIDE CALLBACK

Free nationwide service providing 24/7 phone and online counselling to people affected by suicide.



1300 659 467



MEDICARE MENTAL HEALTH

24/7 - Support, advice and information about depression, anxiety and suicide - face to face, telehealth or resource info



1800 595 212

CARER SUPPORT GROUPS



you are not alone

ARAFMI

Every 4th Thursday of the month – Carers support group

 **1300 554 660**



CARERS QLD

Every 4th Wednesday of the month – Carers and persons living with Parkinson's

 **1300 747 636**



MIXED-MEMBER GROUP

Every 4th Wednesday of the month – Carers and loved ones impacted by Dementia

 **0437 552 090**

FINANCIAL HELP

Carers' Payment And More Support

Payment if you give constant care to someone with a disability or medical condition or to an adult who's frail aged

132 717

QLD CRISIS & SUPPORT NUMBERS FOR CARERS

Numbers supplied are free or the cost of a local call (some charges may apply to mobile users)

We gratefully acknowledge all the partners, **Queensland Mental Health Commission, ASPIRE, Gold Coast University Hospital and Southern Cross University.**



Queensland
Mental Health
Commission



ASPIRE

Australian
Social Prescribing
Institute of Research
and Education

Creating Opportunities **Together**



GOLD COAST
HOSPITAL
FOUNDATION



**Southern Cross
University**

WANT SOME HELP

The Hub, 2580 Gold Coast Hwy,
Mermaid Beach, QLD 4218



07 3186 400



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