

# Confidential Helplines, Webchats, & other useful stuff

## Child and Youth Mental Health Service : CYMHS

Cairns  
4226 2700

Atherton  
4091 0213

Mareeba  
40929171

Innisfail  
4016 1327

### 1300 MH CALL

### 1300 64 2255

24 hour specialist mental health care and access to acute phone support



Support and advice in a personal crisis (all ages)

13 11 14

[www.lifeline.org.au](http://www.lifeline.org.au)



To talk to someone about anything that's going on in your life (5 to 25 years) (24hrs/7 days)

1800 55 1800

[www.kidshelpline.com.au](http://www.kidshelpline.com.au)



Providing information and support for anxiety, depression and suicide prevention for everyone in Australia

1300 22 4636

[www.beyondblue.org.au](http://www.beyondblue.org.au)



Support if you, or someone you know, is suicidal (15 years and over)

1300 65 94 67



A free confidential phone, webchat & messenger service for 12-25 year old's to access mental health support from 8.00am-12.00am, 7 days a week.

1800 650 890



Focussing on supporting anyone who has been bereaved or impacted by suicide at any stage in their life

1300 727 247



National Sexual Assault, Domestic & Family Violence, Counselling service

1800 737 732



Monday to Friday 8am - 8pm  
Saturday, 10am - 4pm

1800 050 321

[www.familyrelationships.gov.au](http://www.familyrelationships.gov.au)



Australia-wide anonymous, LGBTIQ+ peer support and referral 3PM to Midnight 365 Days a Year

1800 184 527

[www.qlife.org.au](http://www.qlife.org.au)



We're here for anyone in Australia concerned by eating disorders or body image issues

1800 33 4673

[www.butterfly.org.au](http://www.butterfly.org.au)



Support for young people and their grownups

[www.parents.au.reachout.com](http://www.parents.au.reachout.com)



Carer support services assist individuals who may be affected by their role caring for someone with a mental health issue or disability.

1300 111 500

[www.wellways.org](http://www.wellways.org)