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Websites  
&  
Telephone Help Lines

General educational advice, information sheets, and in some cases, on-line assessment and help can be accessed on a range of psychological, emotional and relationships issues from the following websites.

e.g., Anxiety, Depression, Health, Mental illness, Relationships, Substance abuse.

**Websites:**

Alcoholics Anonymous

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

Anxiety Treatment Australia

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

Australian Bipolar Website

[www.members.iinet.net.au/~fractal1](http://www.members.iinet.net.au/~fractal1)

Australian Drug Foundation

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

Australian Government Alcohol Information

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

Australian National Tobacco Campaign

[www.quitnow.info.au](http://www.quitnow.info.au)

Australian Psychological Society

[www.psychology.org.au/publications/tip\\_sheets](http://www.psychology.org.au/publications/tip_sheets)

Beyond Blue: National Depression Initiative

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

Black Dog Institute

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

PO Box 1440 Stafford Qld 4053 :: **TEL** 041 383 1946 :: **ABN** 71 485 084 298

Medicare/HIC/HBA: 2647131F

Medibank Private: 1070944J

MBF: Recognised Provider

AUH: 21029385

CHF: 1041505

GEHF: 21016501

HCF Approved Provider

QCH: PSY70055

APS: 104631

Psych Board Qld: 1041505

Blue Pages: Depression info  
[www.bluepages.anu.edu.au](http://www.bluepages.anu.edu.au)

Clinical Research Unit for Anxiety & Depression  
[www.crufad.unsw.edu.au](http://www.crufad.unsw.edu.au)

Depression Net  
[www.depressionnet.com.au](http://www.depressionnet.com.au)

Drug Information  
[www.druginfo.nsw.gov.au](http://www.druginfo.nsw.gov.au)

Early Psychosis Prevention & Intervention Centre  
[www.eppic.org.au](http://www.eppic.org.au)

Family Drug Support  
[www.fds.org.au](http://www.fds.org.au)

InfraPsych  
[www.infrapsych.com](http://www.infrapsych.com)

John Barletta, Ph.D. – Clinical Psychologist  
[www.johnbarletta.com](http://www.johnbarletta.com)

Kids Help Line  
[www.kidshelp.com.au](http://www.kidshelp.com.au)

Legal Aid Office  
[www.nla.aust.net.au](http://www.nla.aust.net.au)

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

Macquarie Psychology Clinic: Anxiety info  
[www.psy.mq.edu.au/MUARU](http://www.psy.mq.edu.au/MUARU)

Mayo Clinic  
[www.mayoclinic.com](http://www.mayoclinic.com)

Mensline Australia  
[www.menslineaus.org.au](http://www.menslineaus.org.au)

Mental Health First Aid  
[www.mhfa.com.au](http://www.mhfa.com.au)

Mood GYM  
[www.moodgym.anu.edu.au](http://www.moodgym.anu.edu.au)

Narcotics Anonymous  
[www.na.org.au](http://www.na.org.au)

National Drug & Alcohol Research Centre  
[www.med.unsw.edu.au/ndarc](http://www.med.unsw.edu.au/ndarc)

National Institute of Mental Health  
[www.nimh.nih.gov](http://www.nimh.nih.gov)

ParentLink  
[www.parentlink.act.gov.au](http://www.parentlink.act.gov.au)

Pregnancy Counselling Link  
[www.pcl.org.au](http://www.pcl.org.au)

Queensland Cancer Fund  
[www.qldcancer.com.au](http://www.qldcancer.com.au)

Sane Australia  
[www.sane.org](http://www.sane.org)

SIDS & KIDS  
[www.sidsandkids.org](http://www.sidsandkids.org)

Stepfamily Zone  
[www.stepfamily.asn.au](http://www.stepfamily.asn.au)

### **Support Group Information:**

[www.bluepages.anu.edu.au/help\\_states.html](http://www.bluepages.anu.edu.au/help_states.html)

## Telephone Help Lines:

Alcohol & Drug Information Services  
1800 422 599

Alcoholics Anonymous  
07 3255 9162

**Emergency - Police, Ambulance, Fire  
000**

Alcoholics Tobacco & Other Drugs  
07 3837 5989

Family Drug Support  
1300 368 186

Cancer Helpline  
13 11 20

Domestic Violence Hotline  
1800 811 811

Family Relationship Advice Line  
1800 050 321

Family Services Australia  
1300 365 859

Kids Help Line (24 hrs)  
1800 55 1800

Legal Aid Queensland  
1300 65 11 88

Lifeline Telephone Counselling (24 hrs)  
13 11 14

Mensline Australia  
1300 78 99 78

Narcotics Anonymous  
1300 652 820

Pregnancy Counselling Link  
1800 777 690

Quitline  
13 78 48

Sexual Assault Help Line  
1800 010 120

Salvo Care Line  
07 3831 9016

SIDS & KIDS  
1800 628 648