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Counselling, Consulting & Clinical Psychologist

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

Anxiety Treatment Australia
www.anxietyaustralia.com.au

Australian Bipolar Website
www.members.iinet.net.au/~fractal1

Australian Drug Foundation
www.adf.org.au

Australian Government Alcohol Information
www.alcohol.gov.au

Australian National Tobacco Campaign
www.quitnow.info.au

Australian Psychological Society
www.psychology.org.au/publications/tip_sheets

Beyond Blue: National Depression Initiative
www.beyondblue.org.au

Provider Number: 2647132T

ABN: 71485084298

Registration Number: PSY961260

Academic
Lectures
Scholarship
Supervision

Clinical
Assessment
Diagnosis
Treatment

Counselling
Adult Psychotherapy
Couples Counselling
Family Consultation

Forensic
Court Reports
Medico-Legal
Non-Treating

Organisational
Consulting
Mediation
Workshops

Black Dog Institute
www.blackdoginstitute.org.au

Blue Pages: Depression info
www.bluepages.anu.edu.au

Clinical Research Unit for Anxiety & Depression
www.crufad.unsw.edu.au

Depression Net
www.depressionnet.com.au

Drug Information
www.druginfo.nsw.gov.au

Early Psychosis Prevention & Intervention Centre
www.eppic.org.au

Family Drug Support
www.fds.org.au

InfraPsych
www.infrapsych.com

John Barletta, Ph.D. – Clinical Psychologist
www.johnbarletta.com

Kids Help Line
www.kidshelp.com.au

Legal Aid Office
www.nla.aust.net.au

Lifeline Australia
www.lifeline.org.au

Macquarie Psychology Clinic: Anxiety info
www.psy.mq.edu.au/MUARU

Mayo Clinic
www.mayoclinic.com

Mensline Australia
www.menslineaus.org.au

Mental Health First Aid
www.mhfa.com.au

Mood GYM
www.moodgym.anu.edu.au

Narcotics Anonymous
www.na.org.au

National Drug & Alcohol Research Centre
www.med.unsw.edu.au/ndarc

National Institute of Mental Health
www.nimh.nih.gov

ParentLink
www.parentlink.act.gov.au

Pregnancy Counselling Link
www.pcl.org.au

Queensland Cancer Fund
www.qldcancer.com.au

Sane Australia
www.sane.org

SIDS & KIDS
www.sidsandkids.org

Stepfamily Zone
www.stepfamily.asn.au

Support Group Information:

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
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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