

SUPPORTS

- Leaders (Commanders, Managers, Supervisors)
- Peers, Family, Friends
- Garrison Health Centre staff (ADF)
- General Practitioners (APS/Contractors)
- Mental Health and Health Professionals
- Chaplaincy
- Wellbeing Support Personnel

SUPPORT LINES 24/7 PHONE SUPPORT	ADF SERCAT 6-7	ADF SERCAT 3-5	ADF CADETS	APS	FAMILIES
Defence All-hours Support Line 1800 628 036	✓	✓			✓
Defence Member and Family Helpline 1800 624 608	✓	✓			✓
1800 IMSICK 1800 467 425	✓				
Defence Chaplaincy 1300 333 362	✓	✓	✓	✓	✓
Open Arms 1800 011 046	✓	✓			✓
Defence Employee Assistance Program 1300 687 327		✓	✓	✓	✓
First Nations Helpline 1300 287 432	✓	✓	✓	✓	✓
Suicide Call Back Service 1300 659 467	✓	✓	✓	✓	✓
Lifeline 13 11 14	✓	✓	✓	✓	✓
Men's Line 1300 789 978	✓	✓	✓	✓	✓
Beyond Blue 1300 224 636	✓	✓	✓	✓	✓
Q Life (3pm to midnight) 1800 184 527	✓	✓	✓	✓	✓
Kids Helpline (For those ages 5 – 25) 1800 551 800	✓	✓	✓	✓	✓

Useful Websites

- [Defence Health & Wellbeing Portal](#)
- [PeopleConnect - Wellbeing](#)
- [PeopleConnect – Defence Before Blue Counselling](#)
- [Open Arms - Veterans and Families Counselling](#)
- [Defence Member and Family Support \(DMFS\)](#)
- [On the Line \(Australia\)](#)
- [Beyond Blue](#)
- [Head to Health](#)



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