



**UTS
STUDENTS'
ASSOCIATION**

Our voice. Our way. Our SA.

MENTAL HEALTH SERVICES

We know that this time can be hard and many are struggling. If you or anyone you know need help right now, please do not hesitate to contact any of the following:



LIFELINE - 13 11 14

Lifeline provides 24/7 crisis counselling, support groups and suicide prevention services.

SUICIDE CALL BACK - 1300 659 467

Suicide Call Back Service provides 24/7 support if you or someone you know is feeling suicidal.

BEYONDBLUE - 1300 22 4636

beyondblue aims to increase awareness of depression and anxiety and reduce stigma. Call 1300 22 4636, 24 hours / 7 days a week, <https://www.beyondblue.org.au/the-facts/anxiety-and-depression-checklist-k10>

STUDENT SERVICES UNIT UTS - 9514 1177

The remote access Counselling Service is open in both teaching and non-teaching weeks and can be accessed 5 days per week. Email: student.services@uts.edu.au
<https://www.uts.edu.au/current-students/support/health-and-wellbeing/counselling-service-and-self-help>

All current UTS students get free access to the TalkCampus app, an online wellbeing and mental health peer support network <https://www.uts.edu.au/current-students/support/health-and-wellbeing/counselling-service-and-self-help/self-help-resources/talkcampus-app>

KIDS HELPLINE - 1800 55 1800

Kids Helpline is a free 24/7 confidential counselling service specifically for young people aged 5 to 25. Call 1800 55 1800.

E-HEADSPACE - 1800 650 890

e-headspace provides mental health and wellbeing support, information and services to young people aged 12 to 25 years and their families. Call 1800 650 890, 9am-1am AEST / 7 days a week, <https://headspace.org.au/covid-19/>

QLIFE - 1800 184 527

QLife provides nationwide telephone and web-based services to support lesbian, gay, bisexual, transgender and intersex (LGBTI) people of all ages. Call 1800 184 527, 3pm-12am (midnight) AEST / 7 days a week.

MENSLINE AUSTRALIA - 1300 789 978

1800 RESPECT - 1800 737 732

1800 RESPECT The national sexual assault, family and domestic violence counselling service for anyone in Australia who has experienced, or is at risk of, family and domestic violence or sexual assault. 24 hours, 7 days a week. 1800 737 732

BATYR

Help break down the stigma surrounding mental health issues and change the way those with mental health problems are perceived. For further details visit the Batyr Facebook page.

COVID-19 RESOURCES

COVID-19 Anxiety and depression Checklist Black Dog Institute:
<https://onlineclinic.blackdoginstitute.org.au/?s=covid-19Advice>

For Youth on Loneliness during COVID-19:
<https://au.reachout.com/collections/loneliness-and-covid-19>

Mental Health support in languages other than English.
<https://www.dhi.health.nsw.gov.au/transcultural-mental-health-centre>

**IF YOU REQUIRE EMERGENCY COUNSELLING SERVICES PHONE
THE NSW MENTAL HEALTH LINE ON 1800 011 511 (24 HOURS).
IN CASE OF EMERGENCY CALL 000**

