

Getting help

About the Matilda Centre for Research in Mental Health and Substance Use

The Matilda Centre for Research in Mental Health and Substance Use delivers research programs that aim to increase the knowledge base around the effective prevention and treatment of mental and substance use disorders. We do not provide treatment directly, however we know that getting the right kind of help for mental and substance disorders is important.

Need help today?

If you or someone you know needs help immediately, call 000.

In addition, these crisis support helplines and online counselling services are open 24 hours a day, seven days a week.



Lifeline	13 11 14	lifeline.org.au
Mental Health Line	1800 011 511	
Suicide Call Back Service	1300 659 467	suicidecallbackservice.org.au
Family Drug Support	1300 368 186	fds.org.au
National Alcohol and Other Drugs Hotline	1800 250 015	
1800 RESPECT	1800 737 732	1800respect.org.au
MensLine	1300 789 978	mensline.org.au
Kids Help Line	1800 55 1800	kidshelpline.com.au
Beyond Blue	1300 224 636	beyondblue.org.au/forums
Counselling Online		counsellingonline.org.au



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For more information

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Other treatment and support services

The best place to start is to **see a doctor**. They can provide you with further information and a referral to an appropriate health professional.

The organisations below may also be useful.

healthdirect Australia	A national public health information service, including a directory of treatment providers for mental and substance use disorders.	1800 022 healthdirect.gov.au
headspace	Information and support for mental, physical and sexual health, alcohol or other drugs, and work or study for 12-25 year olds.	1800 650 890 headspace.org.au
AODconnect App	AODconnect is a smartphone app that provides a national directory of alcohol and other drug treatment services for Aboriginal and Torres Strait Islander people.	Available for free download via iTunes or Google Play
QLife	QLife is free, anonymous, LGBTI counselling and support, 3pm-midnight every day.	1800 184 527 qlife.org.au
Mental Health in Multicultural Australia	Advice and support for people from culturally and linguistically diverse (CALD) backgrounds.	mhima.org.au
Life Without Barriers	Support services for foster care, mental health, disability, aged care and alcohol & drug counselling.	1800 935 483 lwb.org.au
Quitline	Confidential telephone advice and information service for people who want to quit smoking.	13 78 48 quit.org.au

Get more info



Information about alcohol and other drugs

Drug Information Directory	A directory of all national services and information providers for alcohol and other drug related issues.	adf.org.au/resources/drug-information-directory/
Drug Information Line	Provides information about alcohol and other drugs, as well a 'Text the Effects' SMS information service.	1 300 85 85 84 0439 TELL ME (0439 835 563)
Family Drug Support Australia	Up to date information on all aspects of alcohol and drug use relative to the families of alcohol and other drug users.	fds.org.au
Cracks in the Ice	An online toolkit providing trusted, evidence-based, and up-to-date information about crystal methamphetamine (ice) for the Australian community.	cracksintheice.org.au
Positive Choices	An online portal to help school communities access accurate, up-to-date drug education resources and prevention programs.	positivechoices.org.au
Australian Indigenous Alcohol and other Drugs Knowledge Centre	A directory for alcohol and other drug services specific to Aboriginal and Torres Strait islander people.	aodknowledgecentre.ecu.edu.au

Information about mental health

healthdirect Australia	A national public health information service, including a directory of treatment providers for mental and substance use disorders.	1 800 022 healthdirect.gov.au
headspace	Holistic counselling and support for young people aged 12-25.	headspace.org.au
Head to help	An online portal containing over 400 mental health services and resources funded by the Australian Government.	headtohealth.gov.au
Life in Mind	A national gateway connecting Australian suicide prevention services to each other and the community.	lifeinmindaustralia.com.au
Beyondblue	A national support service and website providing information and support about prevention, diagnosis and treatment for mental health disorders.	beyondblue.org.au

For clinicians and health workers

National Comorbidity Guidelines

comorbidityguidelines.org.au

This website provides evidence-based information, training and resources to assist with the management of co-occurring mental and substance use disorders. The content is based on the National Comorbidity Guidelines (2nd ed), developed by researchers from the Matilda Centre with funding from the Australian Government Department of Health.



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