



MENTAL HEALTH LINKS:

HEAD TO HEALTH

BEYOND BLUE - 1300 22 4636

LIFELINE AUSTRALIA - 13 11 14

MATES IN CONSTRUCTION - 1300 642 111

HALT - HOPE ASSISTANCE LOCAL TRADIES

MENSLINE AUSTRALIA - 1300 78 99 78

KIDS HELPLINE - 1800 55 1800

1800RESPECT

NATIONAL DOMESTIC, FAMILY AND SEXUAL
VIOLENCE COUNSELLING SERVICE