



Help and Support

Knowing what help and support is available to someone, and understanding the services provided, is a critical part of an Ambassador's role within I Am Here. Ambassadors stand up within the Tribe to promote a culture where **it's ok not to feel ok; and it's absolutely ok to ask for help**. As an Ambassador, if you notice someone who may not be feeling ok, you can guide them to the help and support they may need.

Remember, your mental health and wellbeing is as important as anyone else's. You too have access to help and support when needed.

I Am Here groups **help and support** into six key pillars:



EMOTIONAL
WELLBEING



PHYSICAL
HEALTH



SPIRITUAL
WELLBEING



SOCIAL
WELLBEING




FINANCIAL
WELLBEING



WORK AND
CAREER

Listed below is the help and support available within Australia.



Australia	
<div style="text-align: center;">  <p>EMOTIONAL WELLBEING</p> </div> <p>Being aware of your emotions and feelings. Having the resilience to overcome challenges and the ability to cope with the normal stresses of life.</p>	<p style="text-align: center;">Doctor</p> <p style="text-align: center;">Psychologist, therapist or counsellor</p> <p style="text-align: center;">Beyond Blue Support Service Information and referral to relevant services for depression and anxiety-related matters. www.beyondblue.org.au 1300 224 636</p> <p style="text-align: center;">Black Dog Institute A world leader in the diagnosis, treatment and prevention of mood disorders such as depression, anxiety and bipolar disorder. www.blackdoginstitute.org.au</p> <p style="text-align: center;">Blue Knot Foundation Helpline (formerly Adults Surviving Child Abuse) Provides information and short-term counselling for adult survivors of childhood trauma. www.blueknot.org.au 1300 657 380 or Email helpline@blueknot.org.au</p> <p style="text-align: center;">PANDA – National Perinatal Depression Helpline Provides vital support, information, referral and counselling to Australian parents and their families. Callers do not need to have a diagnosis to contact the helpline. www.panda.org.au 1300 726 306</p> <p style="text-align: center;">Counselling Online Provides counselling for people concerned about their own drinking or drug use. The service is equally available to people concerned about a family member, relative or friend. www.counsellingonline.org.au</p> <p style="text-align: center;">1800RESPECT National sexual assault and domestic family violence counselling services available 24/7. www.1800respect.org.au 1800 737 732</p> <p style="text-align: center;">Lifeline</p>



	<p>Provides all Australians experiencing a personal crisis with access to 24-hour crisis support and suicide prevention services. www.lifeline.org.au 13 11 14</p> <p>MensLine Australia Provides 24/7 help, support, referrals and counselling services for men. www.mensline.org.au 1300 789 978</p> <p>Relationships Australia Leading provider of relationship support services for individuals, families and communities. www.relationships.org.au 1300 364 277</p> <p>Gambling Help Online Counselling, information and support available 24/7 for anyone affected by gambling in Australia. www.gamblinghelponline.org.au 1800 858 858</p> <p>Online apps and resources</p>
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**PHYSICAL
HEALTH**

Making good choices that contribute to better physical health such as keeping active, balanced nutrition, adequate sleep and sufficient hydration.

Doctor

Physiotherapist/massage therapist

Dietician/nutritionist

Personal trainer

Counselling Online

Provides counselling for people concerned about their own drinking or drug use. The service is equally available to people concerned about a family member, relative or friend.

www.counsellingonline.org.au

MensLine Australia

Provides 24/7 help, support, referrals and counselling services for men.

www.mensline.org.au

1300 789 978

QLife

Provides LGBTI peer support and referral for people wanting to talk about a range of issues including sexuality, identity, gender, bodies, feelings or relationships.

[www.qlife.org.au](http://www qlife.org.au)

1800 184 527

Online apps and resources



**SPIRITUAL
WELLBEING**

Having a sense of purpose, connectedness, meaning and harmony that reflects your values and beliefs.

Spiritual leader

Reiki therapist

Online apps and resources



SOCIAL WELLBEING

Having the ability to form satisfying interpersonal relationships with others. It also relates to your ability to adapt comfortably to different social situations and act appropriately in a variety of settings.

Social worker

Relationship counsellor

Life coach

Counselling Online

Provides counselling for people concerned about their own drinking or drug use. The service is equally available to people concerned about a family member, relative or friend.

www.counsellingonline.org.au

National Alcohol and Other Drug Hotline

Access to free and confidential advice about alcohol and other drugs.

1800RESPECT

National sexual assault and domestic family violence counselling services available 24/7.

www.1800respect.org.au

1800 737 732

Gambling Help Online

Counselling, information and support available 24/7 for anyone affected by gambling in Australia.

www.gamblinghelponline.org.au

1800 858 858

Relationships Australia

Leading provider of relationship support services for individuals, families and communities.

www.relationships.org.au

1300 364 277

QLife

Provides LGBTI peer support and referral for people wanting to talk about a range of issues including sexuality, identity, gender, bodies, feelings or relationships.

[www.qlife.org.au](http://www qlife.org.au)

1800 184 527

Online apps and resources



**FINANCIAL
WELLBEING**

Understanding your financial situation in order to make the most of what you have in day-to-day life and in planning for your future.

Financial advisor

Bank or credit union

National Debt Helpline

A free, independent and confidential service that helps Australians tackle their debt problems and get back on track.

www.ndh.org.au

1800 007 007

Centrelink – Services Australia

Provides services at times of major change including financial support for the unemployed, families, carers, parents, people with disabilities and more.

www.servicesaustralia.gov.au

Gambling Help Online

Counselling, information and support available 24/7 for anyone affected by gambling in Australia.

www.gamblinghelponline.org.au

1800 858 858

Online apps and resources



**WORK AND
CAREER**

Working productively and fruitfully, feeling fulfilled, motivated and maintaining a healthy work-life balance.

Career counsellor
Online apps and resources