



*Come to me,
all you
who are
weary and burdened,
and
I will give you rest.*

Matthew 11:28

While we will always endeavour to offer support where we can, there are areas where more professional support is essential.

Experiencing feelings

of anxiety,

of being overwhelmed

or of being caught within profound grief

means

it's time to talk...

to talk with someone NOW ...

not down the track, or if they happen to be passing ...

...NOW!

Suicide and crisis support

If you are in an emergency, or at immediate risk of harm to yourself or others, please contact emergency services on [000](tel:000).

Talk to someone now; call –

- **Suicide Call Back Service** Tel: [1300 659 467](tel:1300659467)
Click here for their [Website](#),
- **Lifeline** Tel: [13 11 14](tel:131114)
Click here for their [Website](#), or
- **Domestic Violence** Tel: [1800 656 463](tel:1800656463)
Click here for their [Website](#). Includes information & brochures to support someone suffering domestic violence.

©acknowledgement: I am grateful for the work that St Agatha's Catholic Parish team, Pennant Hills, NSW have put into researching and providing the following links

Below are national help lines and websites – most have phone numbers, or you can visit their website. Click on their name to link to their web site.

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Black Dog Institute

Information on symptoms, treatment and prevention of depression and bipolar disorder.

Carers Australia

[1800 242 636](tel:1800242636) – Short-term counselling and emotional and psychological support services for carers and their families in each state and territory.

Headspace

[1800 650 890](tel:1800650890) – Free online and telephone service that supports young people aged between 12 and 25 and their families going through a tough time.

Kids Helpline

[1800 55 1800](tel:1800551800) – A free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25.

MensLine Australia

[1300 78 99 78](tel:1300789978) – A telephone and online support, information and referral service, helping men to deal with relationship problems in a practical and effective way.

Mind Health Connect

An innovative website dedicated to providing access to trusted, relevant mental health care services, online programs and resources.

MindSpot Clinic

[1800 61 44 34](tel:1800614434) – An online and telephone clinic providing free assessment and treatment services for Australian adults with anxiety or depression.

National Aboriginal Community Controlled Health Organisation (NACCHO)

Aboriginal Community Controlled Health Services and Aboriginal Medical Services in each state and territory.

QLife

[1800 184 527](tel:1800184527) (3pm-12am) – QLife is Australia's first nationally-oriented counselling and referral service for LGBTI people. The project provides nation-wide, early intervention, peer supported telephone and web-based services to diverse people of all ages experiencing poor mental health, psychological distress, social isolation, discrimination, experiences of being misgendered and/or other social determinants that impact on their health and wellbeing.

Yes, this is an independent service. However, our Parish perspective is walking the way of Jesus, following the encouragement of Pope Francis – and these speak of the path of love and mercy. We therefore warmly embrace all in the spirit with which we would like to be treated...inclusive, diverse

Relationships Australia

[1300 364 277](tel:1300364277) – A provider of relationship support services for individuals, families and communities, including loneliness, elder relationships and family disputes resolution (mediation).

SANE Australia

[1800 18 7263](tel:1800187263) – Information about mental illness, treatments, where to go for support and help carers.

Support after Suicide

Information, resources, counselling and group support to those bereaved by suicide. Education and professional development to health, welfare and education professionals.

....more on next page

St Vincent De Paul

Click [HERE](#) to access information about SVDP services for those seeking help with

- **Mental Health support**
and support for those
 - needing help with **Homelessness**
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*We are a strong, vibrant community,
not because we are all the same – that would be just too
homogenous!*

*It's because we are diverse,
from different places, backgrounds, colours and tribes.
The one thing that we have in common is Jesus, and our
faith in him.*

In him our diversity makes us rich.