

Contractor EAP

Your wellbeing is our priority - if you feel like you need support with your mental health, there are medical experts and resources on hand to help.

In the first instance, we recommend you see your GP. Your local GP can provide treatment or refer you to specific resources to support your health and wellbeing. GP referrals through the Medicare Benefits Scheme can provide rebates in the form of financial assistance to assist with the costs of medical services.

Find your local GP here: healthdirect.gov.au/australian-health-services

While your local GP can provide medical expertise, below is a list of national programs that can provide you with immediate access to support and advice that is confidential, free and anonymous.

Service	About	Contact Details
Beyond Blue	Mental health helpline pointing those in need to the right direction for further support.	1300 224 636 3pm - 12am: Online Chat
Blue Knot	Empowering recovery from childhood trauma.	1300 657 380
Butterfly Foundation	Information and counselling for eating disorders and body image related issues.	1800 334 673
Crisis Care Helpline	Domestic violence, child protection and family support.	1800 199 008
Family Drug Support	Assisting families to deal alcohol and drug issues.	1300 368 186
Gambling Help Online	Information and resources to assist with gambling concerns.	1800 858 858
Health Direct	General health information and advice.	1800 022 222
Lifeline	Crisis support and suicide prevention services.	131 114
Men's Line Australia	Counselling service for men with family and relationship concerns.	1300 789 978 Online Chat
Mind Spot Clinic	Service for people with stress, worry, anxiety, low mood or depression.	1800 614 434
PANDA (Perinatal Anxiety & Depression Australia)	Perinatal depression or anxiety counselling.	9am - 7:30pm (Mon - Fri): 1300 726 306
Quitline	Supporting people on their journey to quit smoking.	137 848
QLife	Counselling service to support lesbian, gay, bisexual, transgender and intersex (LGBTI) people of all ages.	3pm - 12am: 1800 184 527 Online Chat
SANE Australia	Supporting, training and educating to enable those with a mental illness to lead a better life.	10am - 10pm (Mon - Fri): 1800 187 263
Suicide Call Back Service	Providing support if you or someone you know is feeling suicidal.	1300 659 467
The Samaritans	Providing emotional support to anyone in crisis.	135 247
Wellways	Supporting people living with mental health or disabilities to ensure community inclusion.	1300 111 400