

<b>For URGENT HELP including assistance with mental health concerns</b>			
<b>Who</b>	<b>Where</b>	<b>What</b>	<b>Contact</b>
<b>Emergency Services</b>	National	If anyone is at immediate risk of harming themselves or someone else.	Phone: 000
<b>UNSW Security</b>	UNSW – Kensington Campus	Emergency only – i.e. need security action/protection to ensure safety	Phone: 9385 6666 or any lift phone or help points around campus
<b>Acute Care Team – Eastern Suburbs MHS</b>	Eastern Suburbs	Urgent assistance for persons expressing suicidal intent or showing signs of acute psychological distress or illness. Service available 24/7	Phone: 1800 011 511 Or 9382 2497
<b>Mental Health Line NSW</b>	Other NSW areas	Urgent assistance when a person is experiencing a mental health crisis. Service available 24/7  OR Attend the emergency service of the local hospital	Phone: 1800 011 511
<b>UNSW Counselling and Psychological Services [CAPS]</b>	Online	CAPS website - Urgent Help	<a href="https://student.unsw.edu.au/counselling#urgent-help">https://student.unsw.edu.au/counselling#urgent-help</a>



Who	Where	What	Contact
<b>UNSW Counselling and Psychological Services [CAPS]</b>	<p>Kensington Campus (Level 2, East Wing, Quadrangle Building)</p> <p>Other locations</p>	<p>Counselling with a qualified counsellor. Free of charge for all UNSW students. During business hours.</p> <p>Drop in (Btw 9.00am-10.30am, and 1.30pm-2.30pm) on the day you would like to see someone and depending on availability you should be able to get an appointment for later in the day.</p> <p>Counselling with a qualified counsellor over the phone if you unable to come to the Kensington Campus.</p>	<p><a href="https://student.unsw.edu.au/individual-counselling">https://student.unsw.edu.au/individual-counselling</a></p> <p>Phone: 9385 5418</p> <p>Phone: 9385 5418</p>
<b>Psychologist in training</b>	Kensington Campus	<p>The Psychology School operates a Psychology Clinic which offers affordable psychological services of a high standard for the general public. It functions as a unit to train post-graduate clinical psychology students. This clinic is also an option for students to access.</p> <p>Please note that this service is accessed only by appointment. It is not an emergency service.</p>	<p><a href="http://clinic.psy.unsw.edu.au/">http://clinic.psy.unsw.edu.au/</a></p> <p>Phone: 9385 3042</p>

<b>Other Support Services</b>		
<b>Who</b>	<b>What</b>	<b>Contact</b>
<b>Lifeline</b>	Confidential telephone crisis support service available 24/7.	Phone: 13 11 14
<b>Salvation Army 24-hour Care Line</b>	Trained counsellors at Salvo Care Line are available 24 hours a day, 365 days a year.	Phone: 1300 36 36 22
<b>Kids Help line</b>	Counselling and support provided for young people (to 24 years old).	Phone: 1800 55 1800
<b>Suicide Call back service</b>	Immediate telephone and online counselling and then follow-up with additional counselling sessions.	Phone: 1300 659 467
<b>SANE Australia</b>	Provides information about symptoms, treatments, medications and where to go for support. Weekdays 9am-5pm.	Phone: 1800 187 263
<b>Beyondblue</b>	National initiative to raise awareness of anxiety and depression.	<a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a>
<b>BlackDog Institute</b>	Diagnosis, treatment and prevention of depression, bipolar disorder and suicide. Grounds of the Prince of Wales Hospital.	<a href="http://www.blackdoginstitute.org.au">www.blackdoginstitute.org.au</a>
<b>Suicide Prevention Australia</b>	Community awareness and public education.	<a href="http://suicidepreventionaust.org">http://suicidepreventionaust.org</a>
<b>Headspace</b>	Website with information about how to get help and headspace centres which provide support, information and advice to young people aged 12 to 25	<a href="http://www.headspace.org.au">www.headspace.org.au</a>
<b>ReachOut</b>	Online youth mental health service – Factsheets, information, forums	<a href="http://au.reachout.com/">http://au.reachout.com/</a>
<b>Mood Gym</b>	Online behaviour therapy tool designed to prevent depression	<a href="http://www.moodgym.anu.edu.au">www.moodgym.anu.edu.au</a>
<b>Centre for Clinical Intervention</b>	Online Workbooks about mental illnesses and issues that contribute to mental illness	<a href="http://www.cci.health.wa.gov.au/resources/consumers.cfm">http://www.cci.health.wa.gov.au/resources/consumers.cfm</a>