



Healthfind is a free & confidential allied health service for you



Psychology

- Grief & loss
- Depression & anxiety
- Stress management
- Motivation & confidence
- Career counselling
- Addiction
- Domestic Violence

Life Skills

- Finances & budgeting
- Family & relationships
- Advocacy & mentoring
- Referral to housing, legal, emergency relief, community & social services

Exercise & Health

- Clinical exercise program
- Acute rehabilitation
- Injury prevention
- Disability & illness management
- Diet & mindfulness
- Assessments & education
- Personal development

Speak to your consultant about a referral to Healthfind.

 1800 113 233

Jobfind
More than just a job

Important Phone Numbers:

Police/Fire/Ambulance
(24/7 – Emergency Services)
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Lifeline Australia
(24/7 – Crisis Support)
13 11 14

Suicide Call Back Service
(24/7 – Suicide Prevention)
1300 659 467

Beyond Blue
(27/4 – Depression & Anxiety)
1300 224 636

1800RESPECT
(24/7 – Sexual Assault, Domestic
or Family Violence & Abuse)
1800 737 732

Kid's Helpline
(24/7 – Ages 5-25 Years)
1800 551 800

MensLine Australia
(24/7 – Counselling for Men)
1300 789 978

13YARN
(24/7 – Crisis Support for
Aboriginal & Torres Strait
Islander People)
13 92 76

QLife
(LGBTQI+ Support & Referral)
1800 184 527

Alcohol & Drug Hotline
(24/7 – AOD Assistance)
1800 250 015

Gambling Help Online
(24/7 – Gambling Support)
1800 858 858

Open Arms (24/7 – Veterans
& Family Counselling)
1800 011 046



Blue Knot Helpline
(Complex Trauma)
1300 657 380

Butterfly National Helpline
(Eating Disorders & Body Image)
1800 334 673

Australian Red Cross
(Support for Asylum Seekers)
1800 733 276

Disability Gateway
(Information & services to help
people with a disability)
1800 643 787

Older Persons Advocacy Network
(Support for Aged Care)
1800 700 600

National Legal Hotline
(Legal Advice)
1300 636 846