



Crisis counselling phone services

Doctors' Health SA - 24/7 Support Line 8366 0250

Available to medical practitioners and medical students

CRANA Bush Crisis Line

Toll free 24hr Telephone Counselling every day of the year – **phone 1800 805 391** - for ALL remote health workers/service providers and their families.

Lifeline phone 13 11 14

Lifeline provides confidential telephone counselling. The free service:

- Is staffed by trained volunteers who are supported by professional staff
- Provides advice on relationship problems and personal wellbeing
- Helps people who may be thinking about suicide
- Is available 24 hours, 7 days a week
- Website www.lifeline.org.au

Alcohol and drugs

Al-Anon and Alateen

- Support for people affected by the alcohol problems of relatives or friends.
- <http://al-anon.org.au/>
- Telephone: (08) 8411 6171 (recorded message)
- Help line: 1300 252 666 (for the cost of a local call)

Alcoholics Anonymous (24hr) Phone 08 89485202

- Counselling and support if you have an alcohol problem.
- <http://www.alcoholicsanonymous-nt.com/>

Alcohol and Drug Information Service (ADIS) phone 1800 131 350

Narcotics Anonymous

- Support for people affected by the drug problems of relatives or friends.
- www.naranon.com.au

Families

Domestic Violence Helpline phone 1800 800 098

- Counselling for victims of domestic violence and their concerned friends.
- Counselling for people who commit domestic violence.
- 1800 Respect support services - www.1800respect.org.au

Gambling Helpline phone 1800 060 757

- Counselling, information and referral for people who are concerned about their own, or another person's gambling.
- <https://gamblinghelponline.org.au/services-in-your-state/northern-territory>



Protection and safety

Victim Support Service FREE CALL in NT 1800 672 242

- Counselling and information for people who have been a victim of crime.
- <http://victimsofcrime.org.au/>

Sexual Assault Service

- Darwin: (08) 8922 6472
- Katherine: (08) 8973 8524
- Tennant Creek: (08) 8962 4361
- Alice Springs - from 8am to 4.21pm, Monday to Friday: (08) 8955 4500
- Alice Springs - after hours: 0401 114 181

You can call Darwin and Alice Springs 24 hours a day to get help for recent incidents of sexual assault.

<https://www.nt.gov.au/wellbeing/hospitals-health-services/sexual-assault-referral-centres>

Men's Help

MensLine Australia phone 1300 78 99 78

- A unique telephone and online support, information and referral service, helping men to deal with relationship problems in a practical and effective way.
- Available 24/7
- www.mensline.org.au