



Crisis support for veterans and their families

If you are in immediate danger call Triple Zero (000)

Open Arms – Veterans and Families Counselling

Free counselling and support services for veterans and their families

[1800 011 046](tel:1800011046) 24 hours / 7 days

ADF Mental Health All-hours Support Line

Free over the phone for ADF members

[1800 628 036](tel:1800628036) 24 hours / 7 days

Lifeline

Crisis support

[13 11 14](tel:131114) 24 hours / 7 days

1800RESPECT

National Sexual Assault, Domestic and Family Violence Counselling Service

[1800 737 732](tel:1800737732) 24 hours / 7 days

Mensline

Phone and online crisis help

[1300 789 978](tel:1300789978) 24 hours / 7 days

Kids Helpline

Phone Counselling service

[1800 551 800](tel:1800551800) 24 hours/7 days

13YARN

National crisis support line for Aboriginal and Torres Strait Islander people

[13 92 76](tel:139276) 24 hours / 7 days

Safe Steps (Family Violence Response Centre)

Family violence support

[1800 015 188](tel:1800015188) 24 hours / 7 days

Griefline

Support for experiencing loss and grief

[1300 845 745](tel:1300845745) 12 noon–3am / 7 days

DirectLine

People impacted by drug use

[1800 888 236](tel:1800888236) 24 hours / 7 days

Family Drug Help

People impacted by drug use

[1300 660 068](tel:1300660068) 9am–9pm weekdays

QLife

LGBTI peer support and referral for people wanting to talk about sexuality, identity, gender, bodies, feelings or relationships

[1800 184 527](tel:1800184527) 3pm–midnight / 7 days

Compass 1800 Elder Help

Support for those experiencing or who knows someone experiencing elder abuse

[1800 353 374](tel:1800353374)

Call operation hours vary (not 24hr)

DVA support

If you are struggling, you can call us on 1800 VETERAN ([1800 838 372](tel:1800838372)), 8am to 5pm, Monday to Friday.

Things we can help you with include:

- check you are receiving all DVA payments you are eligible for
- personalised case management
- put you in touch with ex-service organisations in your area
- connect you with homelessness services in your state or territory if needed.

Useful DVA web pages

You may find the information on these DVA web pages useful.

Go to dva.gov.au and type any of these headings in the website search bar (if viewing online click on the links below).

- [Get urgent help and support](#)
- [Help for alcohol and drug problems](#)
- [Mental health support services](#)
- [Free mental health care for veterans](#)
- [Managing post traumatic stress disorder](#)
- [Psychiatric Assistance Dog program](#)
- [Homelessness support services](#)