

If you need urgent help or life is in danger dial 000.

Crisis Support

- [Lifeline](#) — **13 11 14**
National free crisis counselling service. Available 24 hours a day.

- [Beyond Blue](#) — **1300 224 636**
National free mental health counselling service. Available 24 hours a day.

- [1800 RESPECT](#) — **1800 737 732**
National sexual assault, domestic and family violence counselling service. Available 24 hours a day.

- [Parentline \(ACT only\)](#) — **(02) 6287 3833**
Free counselling and advice for parents and carers in the ACT. Available Monday to Friday 9am to 5pm and Saturday 10am to 12noon.

- [Parentline \(QLD and NT only\)](#) — **1300 30 1300**
Free telephone counselling and advice for parents and carers in Queensland and the Northern Territory. Phone line available 8am to 10pm seven days a week. WebChat available 8am to 9pm seven days a week.

- [Parent Line \(NSW only\)](#) — **13 00 52**
Free telephone counselling and support service for parents and carers with children from birth to 18 years old in NSW. The service is available between 9am to 9pm Monday to Friday and 4pm to 9pm on weekends.

- [Parent Helpline \(SA only\)](#) — **1300 364 100**
Free telephone information and support for parents and carers of children from birth to 12 years in South Australia. Available 24 hours a day.

- [Parent Line \(TAS only\)](#) — **1800 808 178**
Free telephone information and support for parents and carers in Tasmania. Available 24 hours a day.

- [Parentline \(VIC only\)](#) — **13 22 89**
A phone service for parents and carers of children from birth to 18 years old in Victoria. Available 8am to midnight seven days a week.

- [Parenting Helpline \(WA\)](#) — **(08) 9368 9368 or 1800 111 546 for country callers.**
A phone service by Ngala for parents and carers of children from birth to 18 years old in Western Australia. Available 8am to 8pm, seven days a week. Outside these hours, parents and carers can leave a message on the call-back service.

Online Resources for autistic people

- [Molehill Mountain app by Autistica](#)
This app helps autistic people to understand the causes and symptoms of anxiety.

- [Know Your Normal Toolkit by Ambitious About Autism](#)
An online resource for autistic young people to learn what their normal is. This helps them to develop skills to notice when there are changes in their mental health.

- [AASPIRE healthcare toolkit for autistic adults](#)
An American resource to help autistic adults access primary health care (General Practitioners). Please note that some sections aren't relevant to Australian health care.

- [You Feel like Shit](#)
This online resource helps people understand why they are not feeling great. It looks at self-care, but also emotional distress.

- [Abridge App](#) ([Apple Apps Link](#)) ([Google Play Link](#))
This app allows you to record a medical appointment. The app then turns your audio into text and creates notes from your appointment. This helps you to remember and follow up on things mentioned by the GP during the appointment.

Books

- *The Guide to Good Mental Health on the Autism Spectrum*
by Jeanette Purkis, Dr Emma Goodall and Dr Jane Nugent.
Jessica Kingsley Publishers, 2016.
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Amaze

- [Medicare benefits over 13 years Information Sheet](#)
Information about Medicare benefits for Mental Health care plans.

- Contact the Amaze Autism Advisors for more information about autism, or to talk about your individual situation:

Phone: 1300 308 699

Email: info@amaze.org.au

Website and webchat: www.amaze.org.au

This service is available from 8am to 7pm, Monday to Friday (excluding public holidays).

See other sections of this guide or download the complete guide [here](#).