



Resource List for our Defence Special Needs Support Group Inc Members

National Helplines



Defence Special Needs Support Group Inc 1800 037 674

The Group provides Support, information, assistance, and advocacy and programs for all ADF families who have a dependent child, spouse or other dependent with special needs.



Lifeline: 13 11 14

24/7 Crisis counselling, support groups and suicide prevention service.



Family Relationship Advice: 1800 050 321

8am-8pm Monday to Friday, 10am-4pm Saturday.



Defence Family Helpline: 1800 624 608

24/7 support and information for ADF members and their families. You can also email the helpline on: DefenceFamilyHelpline@defence.gov.au and receive response within 24hrs.



Open Arms Counselling Services: 1800 011 046

Support for current and ex-serving ADF personnel and their families free and confidential counselling and group programs to support mental health and wellbeing



Defence Families Australia 1800 100 509

Defence Families of Australia (DFA) is the official ADF families advisory body to the [Minister for Defence Personnel](#) and [Chief of the Defence Force \(CDF\)](#).



Autism Spectrum Australia 1800 277 328

Aspect Assessments provide assessments for autism across the lifespan. A comprehensive assessment can identify developmental difficulties and determine what interventions, strategies and supports will assist someone to reach their potential. Our assessments also include information about an individual's strengths, talents and interests so that support plans can be tailored to their goals and aspirations



National Disability Scheme 1800 800 110

The National Disability Insurance Agency (NDIA) is an independent statutory agency. Our role is to implement the National Disability Insurance Scheme (NDIS), which will support a better life for hundreds of thousands of Australians with a significant and permanent disability and their families and carers. 8am till 11pm Mon to Fri.



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Mental Health Advice and Crisis Support



ACT Crisis Team: 1800 629 354



NSW Advice Line: 1800 011 511



NT Mental Health: 1800 682 288



QLD Government: 134 32 584



SA Mental Health: 13 14 65



TAS Mental Health: 1800 332 388



VIC Mental Health: 1300 060 024



WA Mental Health: 1300 555788



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Practical Support



Commonwealth Respite and Carelink Centre: 1800 052 222



Centrelink (Financial Assistance): 13 27 17



Housing Contact Centre: 1800 422 322

Hotline for queries about social housing or tenancy enquires



Housing Support / Risk of Homelessness



NSW/ACT: 1800152 152



NT: 1800 474 753



QLD: 1800 474 753



SA: 1800 003 308



TAS: 1800 800 588



VIC: 1800 825 955



WA: 1800 199 008



Health Direct

Free Australian health advice you can count on <https://www.healthdirect.gov.au/>



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Autism Support Services



Autism Advisory and Support Services: 02 9601 2844

Provides a range of services to support, advocate, help, educate and guide families who have a family member with Autism. Provides 24hr Autism Hotline, Individual and Group Therapy. School outreach, Support Groups, Social Groups, Parents Workshops and lots more. www.aaass.org.au



Private Practitioner

To locate a private practitioner in your local area, you may like to search the following:



Australian Psychology Society (APS): <https://www.psychology.org.au/>



Australian and New Zealand College of Psychiatrists: <https://www.ranzcp.org/home>



Australian College of Mental Health Nurses: <http://www.acmhn.org/credentialing/credentialed-mhns>



Disability Support Guide Find a specialist in your area <https://www.disabilitysupportguide.com.au/>