

# Support Services

**BORAL**

The following support services are available to help you during this difficult time

## Mental Health Services



**Beyond Blue Support service** offers short term counselling and referrals by phone and web chat 24/7 on 1300 22 4636, or [access the online forum](#).

**RUOK?**

**RUOK?** is calling on all of us to stay connected, lend an ear and provide support to those who need it as we navigate these challenging times. Find conversation tips and information available support services.



**Lifeline Australia** is a national charity providing all Australians experiencing a personal crisis with access to 24/7 crisis support and suicide prevention services on 13 11 14.



**MensLine Australia** is a 24/7 telephone and online counselling service for men with emotional health and relationship concerns, call 1300 78 99 78.



**Suicide Call Back Service** is a national service that provides professional 24/7 telephone and online counselling to people that are affected by suicide, on 1300 659 467.

## Defence Mental Health Services



**Open Arms** is a support service available for Boral Defence Alumni Members/current serving Army, Navy or Air force member and is available, 24/7 1800 011 046 - if you need someone to talk to. Or, if you're simply after some helpful hints.



**Australian Defence Force (ADF)** support service is available for Boral Defence Alumni Members/ADF members and their families 24/7 on 1800 628 036.

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## Aboriginal & Torres Strait Islander Mental Health Services



**Beyond Blue Support service** offers short term counselling and referrals by phone and web chat 24/7 on 1300 22 4636, or [access the online forum](#). See website for national contacts for Aboriginal & Torres Strait Islander support.

## Family Violence Support Services



**1800Respect** are open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse. Call 1800 737 732.



**White Ribbon Australia** is a part of a global social movement of men and boys working to end men's violence against women. [Click here](#) to find out more about national support services.



**Sane Australia** is a national mental health charity making a real difference in the lives of people affected by complex mental health issues through support, research and advocacy. [Click here](#) to find out services available.



**No to Violence** (NTV) is the peak body for organisations and individuals working with men to end their violence and abuse towards family members. Call 1300 766 491 for support & information.



**Relationships Australia** is a leading provider of relationship support services for individuals, families and communities. They aim to support all people in Australia to achieve positive and respectful relationships. Call 1300 364 277 for more information.

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## Parent Support Services



**Parent Line** provides support to parents that are facing challenges or for those issues affecting your family. Call 1300 30 1300 for more information.



**Butterfly Foundation** is a service for eating disorders and offers a multitude of services and programs that provide support, treatment, prevention, early intervention, education and training, on 1800 33 4673.



**PANDA** supports individuals and families to recover from perinatal anxiety and depression.. Call 1300 726 306 for more information.

## Children & Young People's Services



**Kids Help Line** is Australia's only free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25, call 1800 55 1800.



**Headspace** provides tailored and holistic mental health support to 12 - 25 year olds with a focus on early intervention. [Click here](#) to find out more about the services available.

**Boral employees can also access support through the Boral Employee Assistance Program (BEAP). Details are available on the employee intranet, from your manager or HR.**

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