STOP, Look Around There are Options...

EARLY INTERVENTION TREATMENT PROGRAM (EITP)

1800 4QPS DFV (1800 4777 338)

CONFLICT MANAGEMENT SERVICES

LGBTIQ+ **SUPPORT NETWORK**

DOCTOR

1800 SPEAK SAFE (1800 773 257)

EQUIPT APP

FAMILY

OIC / MANAGER / **SUPERVISOR**

PEER SUPPORT **OFFICER (PSO)**

1800 ASSIST (1800 277 478)

CHAPLAINS

FIRST NATION SUPPORT NETWORK

HEALTH START

QPS SENIOR PSYCHOLOGISTS & **SENIOR SOCIAL WORKERS**

EXTERNAL SERVICES

COLLEAGUES

FRIENDS

ALCOHOL AND DRUG TESTING COORDINATOR (ADTC)

PSYCH HEALTH SCREEN (Psychological **Assessment Unit)**

LIFELINE (13 11 14)

BEYOND BLUE (1300 224 636)

MENTAL HEALTH TREATMENT PLAN

SUICIDE CALL BACK SERVICE (1300 659 467)

BLACK DOG INSTITUTE (blackdoginstitute.org.au)

STANDBY (national@standbysupport.com.au)

PEAK FORTEM (peakfortem.fortemaustralia.org.au)

HEADSPACE (1800 650 890)

MENSLINE AUSTRALIA (1300 789 978)

RELATIONSHIP AUSTRALIA (1300 364 277)

DIVERSE VOICE (1800 184 527)

GAMBLING HELPLINE (1800 858 858)

JUST REACH