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Department of Biodiversity,  
Conservation and Attractions

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# Wellbeing Resource Card

## DBCA resources

Wellbeing service - 0429 346 243

DBCA Employee Assistance Program -1300 307 912

*(For DBCA staff and family use only)*

## Other resources

- Lifeline (Crisis helpline) 131 114
- Suicide Call-back (Crisis support) 1300 659 467
- SANE Australia (Support for complex mental health) 1800 187 263
- Family & Domestic Violence Helpline 1800 737 732
- Yarn (Aboriginal Specific Counselling) 13 92 76
- Beyond Blue (Mental Health Support) 1300 224 636
- QLife (Support for LGBTQI+ people) 1800 184 527
- Crisis Care Helpline (Child welfare & homelessness) 1800 199 008

Also - **Black Dog Institute** mental health online resources  
[www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)