



My Mind Services

Emergency services

Manly Emergency (24 hrs)	1300 302 980
Emergency services Ambulance	000

Mental Health Services

Manly Drug Education and Counselling Centre (MDECC)

MDECC provide a range of education, group programs and counselling. Services are for young people (12-24yrs), parents and families.

02 9977 0711

Queenscliff/Manly Community Mental Health 02 9466 2502

Mental Health Association (MHA)
Information and referral service 1300 794 991

Allied Information and Help Lines

Lifeline (24 hour counselling) 131 114

Rape crisis 02 9819 6565

Domestic Violence (24 hour counselling and advice) 1800 656 463

ACON (gay and lesbian) 1800 063 060

Gambling NSW 1800 633 635

ARAFMI Helpline
(Association for relatives and friends of mentally ill) 02 9332 070
1800 655 198

Re Balance Your Lifestyle

Web sites

Beyondblue

www.beyondblue.org.au

Addresses issues associated with depression, anxiety and substance abuse disorders

Black Dog Institute

www.blackoginstitute.org.au

Fact sheets and information around mood disorders e.g. depression and anxiety

Mental Health Council of Australia

www.mhca.org.au

Information and fact sheets

www.sane.org

www.headspace.org.au

www.oyh.org

To Find a Psychologist

The Australian Psychological Society of Australia

www.psychology.org.au

MDECC takes reasonable care in selecting linking websites. However it is the responsibility of the user to make their own decisions about the accuracy, currency, reliability and correctness of information contained in linked external websites.