

DEFENCE FORCE PERSONNEL

Open Arms

1800 011 046

<https://www.openarms.gov.au/>

Veterans & Families Counselling – 24/7 crisis support

Department of Defence

1800 628 036

<https://www1.defence.gov.au/adf-members-families/health-well-being>

Mental Health All-hours Support Line 24/7 confidential telephone service for ADF members and their families