






Mental Health and Support Services

If your participation in the study has caused you to feel anxious, fearful, sad or stressed below is a list of mental health and support services that may be of assistance.

	P: 1300 687 321 W: convergeinternational.com.au	Free short term, phone based counselling for ARFFS current and former staff and their immediate families. Confidential and independent. Assistance managing PFAS related emotional and wellbeing concerns. Referral for further assistance if needed. Crisis counselling available, 24 hours 7 days a week.
	P: 1300 224 636 W: https://www.beyondblue.org.au/get-support/get-immediate-support	Talk to a trained mental health professional any time of the day or night. Calls are confidential. They will listen, provide information and advice and point you in the right direction to seek further support.
	P: 131 114 W: https://www.lifeline.org.au/get-help/topics/lifeline-services	24-hour crisis support telephone service. Lifeline provides 24/7 crisis support and suicide prevention services.