

Support Act Wellbeing Helpline

1800 959 500

The Support Act Wellbeing Helpline is a free, confidential service, available 24/7 to anyone who works in the performing arts.

Speak with a qualified professional for support, counselling or coaching on any aspect of your mental health and wellbeing.

If you or someone you care about is in crisis or at immediate risk, dial 000.

Promoting positive mental health in the performing arts

artswellbeingcollective.com.au