

Thank you for completing these questions. Unfortunately the responses you have provided indicate that you are not eligible for the research study.

We are concerned about your responses on this questionnaire. We recommend that you make contact with a mental health service or GP for help and support as soon as possible.

- Speak with your GP. If you don't have a GP, there are some online service locators to help you find a GP or other services. You may also call them on their phone line open 24 hours a day, 7 days a week:
  - [Healthdirect](http://www.healthdirect.gov.au): 1800 022 222
- There are several phone lines if you need help, to get a referral or just talk to someone. Many of these services also provide an online chat service and other helpful resources available on their website:
  - [Lifeline](http://www.lifeline.org.au) 13 11 14 (24 hours/7 days a week)
  - [Beyondblue](http://www.beyondblue.org.au) 1300 224 636 (24 hours/7 days a week)
  - [Suicide Call Back Service](http://www.suicidecallbackservice.org.au) 1300 659 467 (24 hours/7 days a week)
  - [NSW Health Mental Health Information Line](http://www.nswhealth.gov.au/mentalhealth) 1300 794 991  
(Mon-Fri, 9:00am-5:00pm AEST)
  - [SANE Australia Helpline](http://www.sane.org.au) 1800 187 263  
(Mon-Fr, 10:00am-10:00pm AEST)
  - Women's Information and Referral Service 1800 817 227  
(24 hours/7 days a week)
  - [Men's Line](http://www.menslineaus.org.au) 1300 78 99 78: Trained professionals who can provide information, support and referral for men (24 hours/7 days a week).  
Service locator at <http://menslineaus.org.au/Services-Database.html>
- Speak to your GP about making an appointment with a psychologist/psychiatrist at a clinic or find a psychologist in your local area:
  - You can find a private psychologist in your area by using the 'Find a Psychologist' page on the Australian Psychological Society (APS) website  
<http://www.psychology.org.au/FindaPsychologist>. Note this does not need a GP referral however you will not be able to claim Medicare rebate without a mental health care plan.

In case of any questions, please contact the research team at:

02 9114 0481

[Sleepfix@woolcock.org](mailto:Sleepfix@woolcock.org)