

# Helpful organisations

## As a HESTA member, your wellbeing is our first priority.

If you need help beyond your super, here are some other organisations that can give you advice and practical support.

### Organisation

<b>Welfare Rights Centre</b>	welfarerightscentre.org.au
<b>National Relay Service</b>	communications.gov.au
<b>Lifeline</b>	lifeline.org.au
<b>Translating and Interpreting Service (TIS National)</b>	tisnational.gov.au
<b>National Debt helpline</b>	ndh.org.au
<b>Gamblers help</b>	gamblershelp.com.au
<b>Australian Institute of Aboriginal and Torres Strait Islander Studies (AIATSIS)</b>	aiatsis.gov.au
<b>Ask Izzy</b>	askizzy.org.au
<b>beyondblue</b>	beyondblue.org.au
<b>Black Dog Institute</b>	blackdoginstitute.org.au
<b>Centre for Mental Health Education</b>	cmhe.com.au
<b>Mental Health at Work</b>	mhatwork.com.au
<b>Mental Health Council of Australia</b>	mhaustralia.org
<b>Mind Matters</b>	beyou.edu.au
<b>SANE Australia</b>	sane.org
<b>SuperFriend</b>	superfriend.com.au



### Need help with your super?

Our team is here for you: online, by phone and in person.

## contact us

hesta@hesta.com.au | 1800 813 327 | Locked Bag 5136, Parramatta NSW 2124 | [hesta.com.au](https://www.hesta.com.au)

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