

Emergency 000

If you or someone you are with is in immediate danger, please call **000** or go to your nearest hospital emergency department.

Lifeline 13 11 14

24-hour crisis support telephone service. Lifeline provides 24/7 crisis support and suicide prevention services.

www.lifeline.org.au

Beyond Blue 1300 22 4636

Talk to a trained mental health professional any time of the day or night (open 24/7). Calls are confidential.

Beyond Blue offer either telephone counselling or a webchat support service. They also provide Beyond Now Suicide Safety Planning (available through the website or the Beyond Now App).

www.beyondblue.org.au

Suicide Call Back Service 1300 659 467

National services that provide free 24/7 phone, video and online professional counselling to people who are affected by suicide.

www.suicidecallbackservice.org.au

NSW Mental Health Line 1800 011 511

A mental health professional will answer your call about mental health concerns for you or someone you are concerned about, including children, teens, adults, and older people.

www.health.nsw.gov.au/mentalhealth/Pages/mental-health-line.aspx

Kids Helpline 1800 551 800

A telephone counselling support line for children and young people ages 5 to 25 and available 24 hours a day, 7 days a week.

www.kidshelpline.com.au

Domestic Violence Line 1800 656 463

The NSW Domestic Violence Line provides counselling and referrals to women experiencing domestic and family violence.

1800RESPECT 1800 73 77 32

1800RESPECT is a counselling, information, and referral service to support people impacted by domestic, family or sexual violence.

www.1800respect.org.au

MensLine Australia 1300 78 99 78

MensLine Australia is a free telephone and online counselling service offering support for Australian men anywhere, anytime.

www.mensline.org.au

13Yarn 13 92 76

Call 24 hours/7 days and talk with an Aboriginal or Torres Strait Islander Crisis Supporter.

www.13yarn.org.au