


Supporting ourselves & each other




24/7 Mental Health Services

Beyond Blue

Anyone feeling anxious or depressed


 beyondblue.org.au

 1300 22 4636

Kids Helpline


Counselling for young people aged 5 to 25


 kidshelpline.com.au

 1800 55 1800

Open Arms

Veterans and families counselling


 openarms.gov.au

 1800 011 046

MensLine Australia

Men with emotional or relationship concerns


 mensline.org.au

 1300 78 99 78

Lifeline

Anyone having a personal crisis

 lifeline.org.au

 13 11 14 (or text 0477 131 114)

Suicide Call Back Service

Anyone thinking about suicide

 suicidecallbackservice.org.au

 1300 659 467

You can also seek support from your local GP, Health Network, Headspace and others (including via webchat - see <https://headtohealth.gov.au>) or talk to a trusted friend or family member.



Is it an emergency?

If you or someone you know is at immediate risk of harm, call **triple zero (000)**