

Support services

Adult

Lifeline

13 11 14 | Text 24/7 0477 13 11 14 | lifeline.org.au

13YARN

13 92 76 | 13yarn.org.au

Aboriginal and Torres Strait Islander service 24/7

Suicide Call Back Service

1300 659 467 | suicidecallbackservice.org.au

Beyond Blue

1300 224 636 | beyondblue.org.au/forums

StandBy Support After Suicide

1300 727 247

QLife

1800 184 527 | qlife.org.au

LGBTIQ+ service available 3pm - midnight

MensLine Australia

1300 789 978 | mensline.org.au

Youth

Suicide Call Back Service

1300 659 467 | suicidecallbackservice.org.au

Kids Helpline 1800 551 800 | kidshelpline.com.au

headspace 1800 650 890 | headspace.org.au

ReachOut reachout.com.au

Other resources

Head to Health national mental health website

headtohealth.gov.au

SANE online forums

saneforums.org | 1800 187 236 (10am-10pm)

Embrace Multicultural Mental Health

embracementalhealth.org.au

National Alcohol and other Drug Hotline

1800 250 185

National Gambling Helpline

1800 858 858 | gamblinghelponline.org.au