

# Support services

## Lifeline

13 11 14 | Text 24/7 0477 13 11 14 | [lifeline.org.au](http://lifeline.org.au)

## 13YARN

13 92 76 | [13yarn.org.au](http://13yarn.org.au)

Aboriginal and Torres Strait Islander service 24/7

## Suicide Call Back Service

1300 659 467 | [suicidecallbackservice.org.au](http://suicidecallbackservice.org.au)

## Beyond Blue

1300 224 636 | [beyondblue.org.au/forums](http://beyondblue.org.au/forums)

## StandBy Support After Suicide

1300 727 247

## QLife

1800 184 527 | [qlife.org.au](http://qlife.org.au)

LGBTIQ+ service available 3pm - midnight

## MensLine Australia

1300 789 978 | [mensline.org.au](http://mensline.org.au)

## Youth

**Kids Helpline** 1800 551 800 | [kidshelpline.com.au](http://kidshelpline.com.au)

**headspace** 1800 650 890 | [headspace.org.au](http://headspace.org.au)

**ReachOut** [reachout.com.au](http://reachout.com.au)

## Other resources

**Head to Health national mental health website**

[headtohealth.gov.au](http://headtohealth.gov.au)

**SANE online forums**

1800 187 236 (10am-10pm) | [saneforums.org](http://saneforums.org)

**Embrace Multicultural Mental Health**

[embracementalhealth.org.au](http://embracementalhealth.org.au)

**National Alcohol and other Drug Hotline**

1800 250 185

**National Gambling Helpline**

1800 858 858 | [gamblinghelponline.org.au](http://gamblinghelponline.org.au)