

FEELING SAD OR WORRIED?

Bad thoughts or thoughts of suicide? Worried for someone else?
Help is available 24 hours a day.

LIFELINE

13 11 14 · lifeline.org.au · Lifeline text service (evenings) 0477 13 11 14

SUICIDE CALL BACK SERVICE

1300 659 467 · suicidecallbackservice.org.au

BEYOND BLUE

1300 22 4636 · beyondblue.org.au

NT MENTAL HEALTH LINE

1800 68 22 88

**In an emergency or
high-risk situation CALL 000**



REMEMBER:

REACH OUT !

Family and friends can support you. Speak to your doctor or local clinic. You can ask for a mental health care plan and receive support. If you are worried for someone in your community speak to friends, family, an Elder, the clinic or the police.



MHACA
Mental Health
Association of
Central Australia

PH: (08) 8950 4600
W: mhaca.org.au



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Bad thoughts or thoughts of suicide? Worried for someone else? If you live around Alice Springs there are a number of services who can support you (or family members) with mental health issues.

CENTRAL AUSTRALIAN ABORIGINAL CONGRESS

08 8951 4400 · caac.org.au

HEADSPACE (FOR YOUNG PEOPLE)

08 8958 4544 · headspace.org.au

MENTAL HEALTH ASSOCIATION OF CENTRAL AUSTRALIA (MHACA)

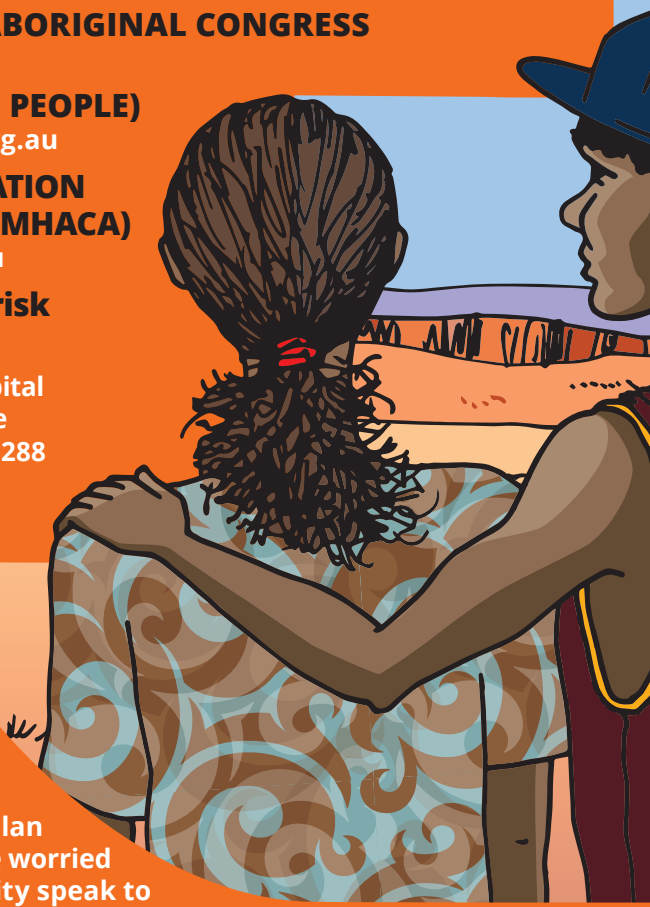
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You can also go to the local hospital emergency department. Call the NT Mental Health Line 1800 682 288 for advice from the Crisis Assessment and Support Team.

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