# Who to contact in a crisis.

If you, or someone you know is in immediate danger please call 000 or visit your nearest hospital emergency department.

Some useful contacts for crisis support and suicide prevention services include:

## Lifeline.

* **Lifeline** provides 24 hours a day, 7 days a week telephone crisis support and counselling.
* Lifeline can be contacted on 13 11 14 or via the [Lifeline Crisis Support Chat](https://www.lifeline.org.au/get-help/online-services/crisis-chat) (available 7pm to midnight).

## Suicide Call Back Service.

* **The Suicide Call Back Service** operates 24 hours a day and is a nationwide service that provides free telephone, video and online counselling.
* **Suicide Call Back Service** can be contacted on 1300 659 467 or via [Suicide Call Back Service online chat and video chat counselling](https://www.suicidecallbackservice.org.au/need-to-talk/my-suicide-call-back-service/).

## beyondblue support services.

* **beyondblue** support services offer crisis support via phone call, online chat or email. All calls and chats are one-on-one with a trained mental health professional, and completely confidential.
* **beyondblue** support services can be contacted on 1300 224 636 or via [beyondblue online chat support service](https://online.beyondblue.org.au/WebModules/General/OutOfHours.aspx) (available between 3pm and midnight) .

## Kids Helpline.

### **Kids Helpline** is Australia’s only free and confidential phone and online counselling service for young people aged 5 to 25. Kids Helpline provides professional, specialised counsellors for young people no matter who they are, where they live or what they want to talk about.

### Kids Helpline can be contacted on 1800 551 800 or via [Kids Helpline WebChat Counselling](https://kidshelpline.com.au/get-help/webchat-counselling) (available 8am to midnight).

## Mens Line Australia.

* Mens Line Australia is a telephone and online counselling service for men with family and relationship concerns. MensLine Australia are experts in men’s mental health and suicide, anger management, family violence, healthy relationships, problematic drug and alcohol abuse and other men’s health concerns**.**
* **Mensline Australia can be contacted on 1300 789 978 or via** [MensLine Australia online chat and video counselling](https://mensline.org.au/want-to-talk/)**.**