



# MENTAL HEALTH EMERGENCY NUMBERS

REAL  
TALK

PSYCHOLOGY

**1**

## IN AN EMERGENCY CALL 000

IF YOU OR SOMEONE ELSE IS IN IMMEDIATE DANGER,  
OR GO TO YOUR NEAREST HOSPITAL ED

**2**

## LIFELINE 13 11 14

24/7 CRISIS SUPPORT & ONLINE CHAT SUPPORT  
[lifeline.org.au/crisis-chat](https://lifeline.org.au/crisis-chat) (7PM-MIDNIGHT AEST)

**3**

## SUICIDE CALLBACK SERVICE 1300 659 467

24/7 PHONE, VIDEO AND CHAT SUPPORT IF SUICIDAL OR  
AFFECTED BY SUICIDE [www.suicidecallbackservice.org.au](https://www.suicidecallbackservice.org.au)

**4**

## BEYOND BLUE 1300 22 4636

24/7 CRISIS SUPPORT & ONLINE CHAT SUPPORT  
[online.beyondblue.org.au](https://online.beyondblue.org.au)

**5**

## NSW MENTAL HEALTH LINE 1800 011 511

24/7 CRISIS SUPPORT, INFORMATION AND REFERRALS

# REACH OUT - STAY SAFE

HOPE AND HELP ARE AVAILABLE



# MORE MENTAL HEALTH EMERGENCY NUMBERS

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**1**

## **KIDS HELPLINE (AGE 5-25) 1800 55 1800**

24/7 SUPPORT & ONLINE CHAT

[kidshelpline.com.au/get-help/webchat-counselling](http://kidshelpline.com.au/get-help/webchat-counselling)

**2**

## **DOMESTIC & FAMILY VIOLENCE 1800 737 732**

24/7 SUPPORT - 1800 RESPECT

ONLINE CHAT ALSO AVAILABLE [1800respect.org.au](http://1800respect.org.au)

**3**

## **ALCOHOL AND OTHER DRUGS INFO SERVICE (ADIS) 9361 8000 SYD METRO**

24/7 COUNSELLING, REFERRALS & INFO, 1800 422 599 FOR RURAL

**4**

## **CORONAVIRUS WELLBEING SERVICE 1800 512 348**

24/7 ONLINE CHAT ALSO AVAILABLE  
[coronavirus.beyondblue.org.au](http://coronavirus.beyondblue.org.au)

**5**

## **POISONS INFORMATION 13 11 26 HEALTHDIRECT 1800 022 222**

HEALTH INFORMATION

# REACH OUT - STAY SAFE

HOPE AND HELP ARE AVAILABLE

# OTHER PLACES TO GET MENTAL HEALTH SUPPORT

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## **SANE Australia**

Mental Health Info Line  
1800 18 SANE (1800 18 7263)  
(Monday to Friday, 9am to  
5pm)



## **Black Dog Institute**

Support with depression  
[blackdoginstitute.org.au](http://blackdoginstitute.org.au)



## **Mens Line Australia**

[mensline.org.au](http://mensline.org.au)  
1300 78 99 78



## **Head To Health**

Links to digital mental  
health services and more  
[headtohealth.gov.au](http://headtohealth.gov.au)



## **NSW Rural Mental Health Support Line**

1800 201 123



## **For more visit:**

[health.nsw.gov.au/mentalhealth/services/Pages/support-contact-list.aspx](http://health.nsw.gov.au/mentalhealth/services/Pages/support-contact-list.aspx)