



Mental Health Station Directory

Need Help In Crisis?



EMERGENCY

**For Immediate danger?
Police & Ambulance**

Call 000

**Know Your Address
State when Mental Health
Emergency**

CRISIS

**Mental Health Emergency
Response Line:
24-hour triage service
Advice & Assessment in Crisis**

Metro: 1300 555 788

Peel: 1800 676 822

RuralLink: 1800 552 002

CRISIS PHONE LINES

Life line: 13 11 14

Aboriginal & Torres Strait Crisis

Support: 13 Yarn 13 92 76

Suicide call back Service:

1300 659 467

SUPPORT

Beyond Blue:

1300 22 4636

**For Our Full Directory
See Q Code above or
Visit our website below**

heartplace

www.mentalhealthstation.org www.heartplace.org.au

For Training & Resources In:

Mental Health First Aid & Compassionate Care

act
belong
commit