

## Free crisis and support lines:

### Beyond Blue

☎ 1300 224 636

24/7 support for anxiety, depression, and suicide prevention.

### Kids Helpline (for children and young people aged 5-25)

☎ 1800 551 800

### NSW Domestic Violence Line

☎ 1800 656 463

### Lifeline

☎ 13 11 14

24/7 crisis support and suicide prevention services.

### NSW Rape Crisis

☎ 1800 424 017

### LGBTIQ+ Violence Line

☎ 1800 497 212

### Men's Line

☎ 1300 789 978

24/7 support for men with family and relationship concerns.

### Mental Health Line

### 13YARN (for Aboriginal & Torres Strait Islanders)

☎ 13 92 76

### Blue Knot Helpline

☎ 1300 657 380

Support for adult survivors of childhood trauma.

Available weekdays 9 am - 5 pm.

### Suicide Call Back Service

☎ 1300 659 467

24/7 support for people at risk of suicide, carers, and those bereaved by suicide.

### 1800RESPECT

☎ 1800 737 732

24/7 support for sexual assault, and domestic, and family violence.

### National Alcohol and Other Drug Hotline

☎ 1800 250 015

24/7 support for alcohol and drug-related issues.

### Mental Health Line

☎ 1800 011 511

24/7 access to mental health professionals, advice, and referrals for people experiencing mental health issues and their carers.