



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, or 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

Mental Health Line

☎ 1800 011 511

24/7 access to mental health professional advice and referrals.

Medicare Mental Health Line

☎ 1800 592 212

Medicare Mental Health is a free service that connects you with the mental health support that is right for you. Weekdays 8:30-5 pm.