

Additional Support

Mymayt is **not** a crisis, emergency, or mental health treatment service.

If you are experiencing a crisis, feel unsafe, or require professional medical or mental health support, the following services may be able to assist you.

If you are in **immediate danger** or require urgent assistance, contact **emergency services** on **000**.

Crisis and Mental Health Support

Lifeline Australia

13 11 14

24/7 crisis support and suicide prevention service.

[Lifeline Australia](#)

Suicide Call Back Service

1300 659 467

24/7 telephone and online counselling support.

[Suicide Call Back Service](#)

Beyond Blue

1300 224 636

Mental health support and information services.

[Beyond Blue](#)

Emergency Services

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For immediate emergencies or situations involving immediate danger.

Domestic Violence Support

1800 RESPECT (1800 737 732)

24/7 national support service for people impacted by domestic, family, or sexual violence – telephone and online services.

[Domestic Violence Support](#)

MensLine Australia

1300 789 978

24/7 telephone and online support service for men dealing with stress, relationships, family concerns, mental wellbeing, and emotional difficulties.

[MensLine Australia](#)

National Alcohol and Drug Hotline

1800 250 015

Confidential support, counselling, and referral service for people concerned about alcohol or drug use, available Australia wide.

[National Alcohol and Other Drug Hotline](#)
