



24/7 Mental Health Services




Is it an emergency?

If you or someone you know is at immediate risk of harm, call **triple zero (000)**

Suicide Call Back Service

Anyone thinking about suicide


 suicidecallbackservice.org.au

 1300 659 467

Lifeline

Anyone having a personal crisis


 lifeline.org.au

 13 11 14

Beyond Blue

Anyone feeling anxious or depressed


 beyondblue.org.au

 1300 22 4636

Kids Helpline

Counselling for young people aged 5 to 25


 kidshelpline.com.au

 1800 55 1800

MensLine Australia

Men with emotional or relationship concerns


 mensline.org.au

 1300 78 99 78

Open Arms

Veterans and families counselling


 openarms.gov.au

 1800 011 046

13YARN

Aboriginal and Torres Strait Islander people

 13yarn.org.au

 13 92 76

