

# Mental Health Support Numbers

## **Lifeline**

Support for anyone having a personal crisis, contemplating suicide or caring for someone in crisis.

Available 24/7.

**Phone: 13 11 14 or SMS 0477 131 114**

## **Beyond Blue**

Mental health phone and webchat support, counselling, information and advice.

Available 24/7.

**Phone: 1300 224 636**

## **Head to Health**

Support to access mental health and wellbeing services.

Available Monday to Friday, 8:30am to 5pm.

**Phone: 1800 595 212**

## **1300 MH CALL**

Mental health support in the Gold Coast. Provides advice and information in a mental health emergency or crisis.

Available 24/7.

**Phone: 1300 642 255**