



Mental Health & Crisis Support Guide

Important support contacts and guidance for difficult moments.

Emergency Situations

If there is immediate danger to yourself or someone else, contact emergency services on 000.

24/7 Crisis Supports

- Lifeline – 13 11 14
- Suicide Call Back Service – 1300 659 467
- Mental Health Triage (SA) – 13 14 65
- Kids Helpline – 1800 55 1800
- 1800RESPECT – 1800 737 732

What To Do During Escalation

Focus on immediate safety first. Reduce stimulation where possible, avoid escalating conflict, contact trusted supports and seek professional assistance early rather than waiting for crisis to intensify.

For Families & Carers

You do not need to manage crisis alone. Seeking help early is protective, not dramatic. Consistent support and collaborative planning often prevent larger crises later.

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