

EMERGENCY CONTACTS

If you are a resident of Australia and are experiencing an emergency mental health situation or are in need of urgent mental health support contact:

MENTAL HEALTH CRISIS	24/7 SUPPORT
ACT.....1800 629 354	Life Line.....13 11 14
NSW.....1800 011 511	Beyond Blue.....1300 224 636
NT.....1800 682 288	
QLD.....1300 642 255	
SA..... 13 14 65	
TAS..... 1800 332 388	
VIC.....1300 651 251	
WA.....1800 676 822	

EMERGENCY CONTACTS	MENS'S HELP
Emergency Services.....000	Mensline Australia.....1300 789 978
Beyond Blue.....1300 224 636	Men's Referral Service 1300 766 491
	Elder Abuse Helpline...1800 353 374

OTHER HELP	SUICIDE PREVENTION HELP
Financial Counselling Australia 1800 007 007	If you are risk, please immediately:
Poisons Information line 1300 766 491	Go to a hospital emergency department
Centrelink (Families) 136 150	Ask for help from a trusted friend, family member or mental health professional
Centrelink (older Australians) 132 300	

SUICIDE PREVENTION HELP	CHILDRENS HELPLINES
Suicide Prevention and Crisis Intervention 1300 363 622	Kids Helpline.....1800 55 1800
Suicide Call Back Service 1300 659 467	

DOMESTIC VIOLENCE	
Family and Domestic Violence 1800 737 732	

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It does not take into account your personal circumstances.

Any medical concerns or questions should be directed to your physician or other qualified healthcare professional. The information on this site is not to be used to treat or diagnose medical conditions of any kind.

Do not ignore medical advice or delay seeking a medical assessment because of something in this website. In most cases Laurimar Wellbeing Hub recommend you seek a medical check before commencing any kind of therapy regardless.

Laurimar Wellbeing Hub acknowledges the Aboriginal and Torres Strait Islander peoples as the first inhabitants of this nation and the traditional custodians of the lands where we live, learn and work.