



MENTAL HEALTH SUPPORT SERVICES

For support to manage your well-being, contact one of the following services:

Beyond Blue 24/7 phone support, free resources for anxiety and depression, online chat and email support.

www.beyondblue.org.au

24/7 phone: 1300 22 4636

Online chat: 3pm – midnight

Emails responded to within 24 hours

Lifeline 24/7 phone support for those feeling suicidal, having a difficult time, or worried about others.

lifeline.org.au

24/7 phone: 13 11 14

6pm- 12am Text: 0477 131 114

Online chat: 7pm – midnight

Lifeline also has a dedicated **Bushfire Recovery Crisis Support line**

13 HELP (13 43 57)

Kids Helpline 24/7 phone, email and webchat support and resources for young people up to age 25. Also information and help for parents supporting young people.

1800 55 1800

kidshelpline.com.au

MensLine Australia provide 24/7 support for men.

1300 789 978

General Practitioners (GPs) can provide a mental health care plan for yourself or your family and refer you to a suitable mental health practitioner or service.

For a mental health crisis, contact one of the following 24/7 services:

Lifeline 13 11 14

Suicide Call Back Service 24/7 phone and online counselling for people who are feeling suicidal.

suicidecallbackservice.org.au

1300 659 467

In an emergency, call 000 Call 112 if 000 does not work from your mobile.

Call 106 if you have a hearing or speech impediment.