

Crisis Counselling, Support Services and Helpful Information

National 24/7 crisis counselling services

Lifeline: 13 11 14

Suicide Call Back Service: 1300 659 467

For young people 5-25 years:

Kids Helpline: 1800 55 1800

For men of all ages:

MensLine Australia: 1300 78 99 78

Other support services and helpful information

Beyondblue Support Service: 1300 22 4636 or www.beyondblue.org.au

Lifeline: www.lifeline.org.au/Get-Help/

Suicide Call Back Service: www.suicidecallbackservice.org.au

SANE Australia Helpline: 1800 18 SANE (7263) or www.sane.org

For young people

Kids Helpline: www.kidshelp.com.au

ReachOut.Com: www.reachout.com

Headspace: www.headspace.org.au

For people bereaved by suicide

Salvo Care Line: 1300 36 36 22

For people from a culturally and linguistically diverse background

Mental Health in Multicultural Australia: www.mhima.org.au

For Aboriginal and Torres Strait Islander People

Social and Emotional Wellbeing and Mental Health service: www.sewbmh.org.au

For LGBTI, other sexuality, sex and gender diverse people

MindOUT!: www.lgbthealth.org.au/mindout

QLife line: 1800 184 527

Other services

Veterans and Veterans Families Counselling Service: 1800 011 046