

Beyond Blue Support Service

Chat*, email, forums

☎ 1300 22 4636

💬 beyondblue.org.au

Suicide Call Back Service

Chat, video chat

☎ 1300 659 467

💬 suicidecallbackservice.org.au

Lifeline

Chat*

SMS/text*

☎ 13 11 14

💬 lifeline.org.au

The Samaritans

☎ 0477 13 11 14

☎ 135 247

Mensline

Chat, video chat

☎ 1300 78 99 78

💬 mensline.org.au

SANE Australia Forums

💬 sane.org

If you are about to hurt yourself **call “000” now.**

If you are thinking you may hurt yourself **TALK TO SOMEONE NOW.**

- Ask someone to sit with you or find somewhere safe.
- Go to a hospital emergency department.
- Make an appointment with your GP or mental health professional as soon as possible. Tell them it is urgent but be prepared to wait.

Hearing impaired? **Use the National Relay Service.**

No or limited English?  **131 450**

Not ready to talk? For online tools and mental health programs go to **headtohealth.gov.au**

emhprac.org.au

eMHprac
E-MENTAL HEALTH IN PRACTICE