

## SAFETY CARD

### Beyond Blue Support Service

Chat\*, email, forums

☎ 1300 22 4636

💻 [beyondblue.org.au](http://beyondblue.org.au)

### Lifeline

Chat\*

SMS/text\*

☎ 13 11 14

💻 [lifeline.org.au](http://lifeline.org.au)

☎ 0477 13 11 14

### The Samaritans

☎ 135 247

### Kids Helpline (5-25 years)

Email, chat

☎ 1800 55 1800

💻 [kidshelpline.com.au](http://kidshelpline.com.au)

### Suicide Call Back Service (15+)

Chat, video chat

☎ 1300 659 467

💻 [suicidecallbackservice.org.au](http://suicidecallbackservice.org.au)

*\*Services that are NOT there all the time.*

*current as at 19/06/2020*

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

If you are thinking you may hurt yourself **TALK TO A TRUSTED ADULT NOW.**

- Ask someone to sit with you or find somewhere safe.
- See your school counsellor.
- Phone (or get a parent to phone) your doctor or counsellor 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](http://emhprac.org.au)

**eMHprac**  
E-MENTAL HEALTH IN PRACTICE