


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**

### Beyond Blue Support Service

Chat, email, forums

 1300 22 4636

 [beyondblue.org.au](https://www.beyondblue.org.au)

### Suicide Call Back Service

Chat, video chat\*

 1300 659 467

 [suicidecallbackservice.org.au](https://www.suicidecallbackservice.org.au)

### Lifeline

Chat

SMS/text

 13 11 14

 [lifeline.org.au](https://www.lifeline.org.au)

 0477 13 11 14

### 13YARN

 13 92 76

### Mensline

Chat, video chat

 1300 78 99 78

 [mensline.org.au](https://www.mensline.org.au)

### The Samaritans

 135 247

\* Services that are NOT available 24/7

Not ready to talk? For online tools and mental health programs go to [headtohealth.gov.au](https://headtohealth.gov.au)