

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**

Beyond Blue Support Service

 1300 22 4636

Chat, email, forums

 beyondblue.org.au

Lifeline

 13 11 14

Chat

 lifeline.org.au

SMS/text

 0477 13 11 14

13YARN

 13 92 76

Kids Helpline (5 - 25 years)

 1800 55 1800


Email*, chat

 kidshelpline.com.au

Suicide Call Back Service (15 years +)

 1300 659 467

Chat, video chat*

 suicidecallbackservice.org.au

* Services that are NOT there all the time.

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