

Beyond Blue Support Service

Chat, email, forums

☎ 1300 22 4636
✉ beyondblue.org.au

Lifeline

Chat
SMS/text

☎ 13 11 14
✉ lifeline.org.au
☎ 0477 13 11 14

13YARN

☎ 13 92 76

Kids Helpline (5-25 years)

Email*, chat

☎ 1800 55 1800
✉ kidshelpline.com.au

Suicide Call Back Service (15+)

Chat, video chat*

☎ 1300 659 467
✉ suicidecallbackservice.org.au

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

eMHprac
E-MENTAL HEALTH IN PRACTICE