


# SAFETY CARD - ADULTS

If you are in immediate danger **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. Tell them it is urgent but be prepared to wait.


Hearing impaired? **Use the National Relay Service.**  
No or limited English?  **131 450**

---

## Suicide Call Back Service

Chat, video chat (by appointment)

 1300 659 467

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

---

## Lifeline

Chat

 13 11 14

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

SMS/text

 0477 13 11 14

---

## 13YARN

 13 92 76

---

Services are available 24/7 unless otherwise stated.

For mental health support, see your GP or mental health professional, or go to Head to Health at [head-tohealth.gov.au](http://head-tohealth.gov.au)