

Suicide Call Back Service

Chat, video chat (by appointment)

 1300 659 467

 suicidecallbackservice.org.au

Lifeline

Chat
SMS/text

 13 11 14

 lifeline.org.au

 0477 13 11 14

13YARN  

 13 92 76

If you are in immediate danger **call “000” now.**

If you think 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**

For mental health support, see your GP or mental health professional, or go to Head to Health at **headtohealth.gov.au**