

SAFETY CARD - ADULTS

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

If you are thinking you may hurt yourself talk to someone as soon as possible.

If you can, make yourself safe first. Ask someone to sit with you or find a safe space.

Contact any of the following 24/7 services to speak to a crisis counsellor:

Suicide Call Back Service

 1300 659 467

Webchat, video call

 suicidecallbackservice.org.au

Lifeline

 13 11 14

Webchat

 lifeline.org.au

SMS chat

 0477 13 11 14

13YARN

 13 92 76

Have a speech, hearing or communication difficulty? The Access Hub can help you connect

 www.accesshub.gov.au/

No or limited English? Phone TIS National

 131 450  www.tisnational.gov.au

There are other options for accessing help if crisis lines are not suitable or if you need to find further mental health support:

- 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.
- Talk to your Aboriginal and Torres Strait Islander health worker.
- Call your 24/7 state-specific mental health crisis support service

 medicamentalhealth.gov.au/crisis-links