

Suicide Call Back Service

Webchat, video call

☎ 1300 659 467

💻 suicidecallbackservice.org.au

Lifeline

Webchat
SMS chat

☎ 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.

Have a speech, hearing or communication difficulty?

www.accesshub.gov.au

No or limited English? Phone  **131 450**

For mental health support, see your GP, a mental health professional, or go to Medicare Mental Health at medicarementalhealth.gov.au