

SAFETY CARD - YOUNG PEOPLE



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

If you are thinking you may hurt yourself talk to a trusted adult 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:

Kids Helpline (5-25yrs)


Webchat

 1800 55 1800
 kidshelpline.com.au

Lifeline



Webchat

SMS chat


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

Suicide Call Back Service (15yrs+)

Webchat

 1300 659 467
 suicidecallbackservice.org.au

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, or ask a parent or caregiver to call them. 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

 medicarementalhealth.gov.au/crisis-links