

SAFETY CARD - YOUNG PEOPLE

Kids Helpline (5-25 years)

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

If you think your life could be in danger **call “000” now.**

If you think you may hurt yourself, talk to a trusted adult NOW.

- Ask someone to sit with you or find somewhere safe.
- See your school counsellor.
- Phone your doctor or counsellor as soon as possible or ask a parent or caregiver to phone them. Tell them it is urgent but be prepared to wait.

Speech or hearing impairment? 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