



Useful Resources

Crisis Numbers

• Lifeline:	Call: 13 11 14 Text: 0477 13 11 14 https://www.lifeline.org.au/crisis-chat/
• Suicide Call Back Service:	1300 659 467 www.suicidecallbackservice.org.au
• AHS Suicide Support Service:	1800 859 585
• Wesley Suicide Prevention Service:	1800 100 024
• SANE Australia Helpline:	1800 187 263
• Beyond Blue:	1300 224 636
• MensLine:	1300 78 99 78
• Kids Helpline (12–25 yrs):	1800 551 800
• 1800 RESPECT:	1800 737 732

Free Counselling Services

• Listening Ear:	02 9477 6777
• Connections WS Telephone Counselling	1300 096 273
• Head-to-Health:	1800 595 212
• eHeadspace:	1800 650 890 (9am-1am)
• Friendline:	1800 424 287
• Mindspot:	1800 61 44 34

Online Services

- eheadspace.org.au (webchat with clinician, 9am –1am, 7 days)
- beyondblue.org.au (24/7 webchat)
- reachout.com.au
- moodgym.com.au
- lifeline.org.au/crisis-chat
- suicidecallbackservice.org.au

Peer Worker Support

- PeerChat: <https://au.reachout.com/peerchat>
- SANE Peer Groupchat: <https://www.sane.org/peer-support>

Aboriginal Crisis Support

- 13 YARN: 13 92 76
- Brother to Brother: 1800 435 799

If you cannot keep yourself safe:

- Ring the Mental Health Line (1800 011 511) and ask for a SPOT referral
- Visit your closest **Safe Haven** and speak to a clinician on site. Your nearest centre can be found here: <https://www.health.nsw.gov.au/towardszerosuicides/Pages/safe-haven.aspx>
- Ring triple zero (000) and ask for an ambulance OR go to your nearest hospital emergency department