



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