



# Mental Health Crisis and Support Contacts

**If someone's life is in danger or there is an immediate risk of harm, call 000.**

**If you or someone you know is thinking about suicide, please call Lifeline on 13 11 14 or the Suicide Call Back Service on 1300 659 467.**

## **NSW Health – Mental Health Line – 1800 011 511 –**

<https://www.health.nsw.gov.au/mentalhealth/Pages/mental-health-line.aspx>

24/7 state-wide phone service linking people with NSW Health mental health services. Staffed by trained mental health professionals who offer mental health advice, complete brief assessments, and can make recommendations for appropriate care, including referral to NSW Health mental health services

## **Lifeline – 13 11 14 – <https://www.lifeline.org.au>**

24/7 crisis support as well as someone to talk to if you need support. Telephone service (13 11 14), one-to-one confidential texting with a trained crisis supporter (text 0477 13 11 14), and one-to-one confidential online chat via their website

## **Beyond Blue – 1300 22 46 36 – <https://www.beyondblue.org.au>**

24/7 confidential counselling service via phone and online chat

## **Kids Helpline – 1800 55 1800 – <https://kidshelpline.com.au>**

24/7 counselling service for young people aged 5 to 25 via phone and online chat. Kids Helpline also provide access to free, private, safe and confidential social platform for 13–25 year olds, called My Circle – <https://kidshelpline.com.au/my-circle>

## **Suicide Call Back Service – 1300 659 467 – <https://www.suicidecallbackservice.org.au>**

24/7 counselling support to people at risk of suicide, concerned about someone at risk, bereaved by suicide and people experiencing emotional or mental health issues via phone and online and video chat

## **Mensline Australia – 1300 78 99 78 – <https://mensline.org.au/>**

Free telephone and online counselling service offering support for Australian men

## **13YARN – 13 92 76 – <https://www.13yarn.org.au/>**

Crisis support by and for Aboriginal and Torres Strait Islander people

## **1800RESPECT – 1800 737 732 – <https://1800respect.org.au/>**

24/7 support people impacted by domestic, family or sexual violence

## **QLife – 1800 184 527 – <https://qlife.org.au/>**

Peer support for LGBTQIA+ people by phone and webchat (3pm–midnight daily)

## **Open Arms – 1800 011 046 – <https://www.openarms.gov.au/>**

Free mental health support for veterans and their families



Believe and Become, through the REACH UP initiative, is proudly delivering projects for the Peer Support and Capacity Building (PSCB) grant for the NDIS, including this free resource.