

Help is available

If you, or someone you know, are thinking about suicide or are experiencing distress, help is available. No one needs to face their problems alone. Contact one of the services below for support or talk to your General Practitioner (GP):

Lifeline	Provides all Australians experiencing a personal crisis with access to 24-hour crisis support and suicide prevention services	13 11 14 www.lifeline.org.au
NSW Mental Health Line	A single number, state-wide 24-hour mental health telephone access service	1800 011 511
Suicide Call Back Service	A nationwide service that provides 24/7 telephone, video and online professional counselling	1300 659 467 www.suicidecallbackservice.org.au
beyondblue	Provides information and support to help everyone in Australia achieve their best possible mental health	1300 22 4636 www.beyondblue.org.au
Kids Helpline	A free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25	1800 55 1800 www.kidshelpline.com.au
headspace	A free service that supports young people aged between 12 and 25 and their families going through a tough time	1800 650 890 www.headspace.org.au
Mindspot Clinic	An online and telephone clinic providing free assessment and treatment services for Australian adults with anxiety or depression	1800 61 44 34 www.mindspot.org.au
MensLine Australia	A telephone and online support, information and referral service for men	1300 78 99 78 www.mensline.org.au
QLife	A nationally-oriented counselling and referral service for LGBTI people	1800 184 527 www.qlife.org.au
National Indigenous Critical Response Service	Provides emotional and practical support to bereaved families and individuals impacted by a suicide or other traumatic loss	1800 805 801
Carers Australia	Short-term counseling and emotional and psychological support services for carers and their families	1800 242 636 www.carersaustralia.com.au
1800RESPECT	National sexual assault, domestic and family violence counselling service	1800 737 732 www.1800respect.org.au
Child Protection Helpline	Call if you are concerned that a child or young person is demonstrating suicidal or self-harming behaviours and they are a danger to themselves and their parent/carer is neglecting their mental health care	132 111 www.facs.nsw.gov.au
Relationships Australia	A provider of relationship support services for individuals, families and communities	1300 364 277 www.relationships.org.au
Men's Referral Service	Men's Referral Service provide telephone counselling, information and referrals for men who use domestic and family violence	1300 766 491 www.ntv.org.au
SANE Australia	Information about mental illness, treatments, where to go for support and help for carers	1800 187 263 www.sane.org

If you or someone you are with is in immediate danger, please call 000 or go to your nearest hospital emergency department.