

GET HELP NOW

EMERGENCY SUPPORT

If you or someone close to you is experiencing distress or is in immediate danger call

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COUNSELLING

You are not alone. There is always someone to hear your pain and problems and to help keep you safe 24 hours a day, 7 days a week.

Lifeline Australia – 13 11 14

Suicide Call Back Service – 1300 659 467

MensLine Australia – 1300 78 99 78

Kids Helpline – 1800 55 1800

Beyond Blue – 1300 22 4636

**Open Arms - Veterans & Families Counselling
1800 011 046**

You can also talk to someone you trust, your GP, a counsellor, psychologist or psychiatrist or visit a hospital emergency department