

Support Services

Adult

Lifeline: 13 11 14

lifeline.org.au

Suicide Call Back Service: 1300 659 467

suicidecallbackservice.org.au

Beyond Blue: 1300 224 636

beyondblue.org.au

MensLine Australia: 1300 789 978

mensline.org.au

Youth

Kids Helpline: 1800 551 800

kidshelpline.com.au

headspace: 1800 650 890

headspace.org.au

ReachOut: Reachout.com

Other resources

Head to Health: mental health portal

headtohealth.gov.au

Life in Mind: suicide prevention portal

lifeinmind.org.au

SANE: online forums saneforums.org

Aboriginal and Torres Strait Islander: healthinfonet.ecu.edu.au

Lesbian, gay, bisexual, trans, and intersex: qlife.org.au 1800 184 527

Culturally and linguistically diverse: embracementalhealth.org.au