

Finding help Support services

If your life is in danger or you're concerned for your own or someone else's safety, please call 000.

If you're finding life tough or need some extra support, it can help to talk with someone you trust.

You and your loved ones can find support by contacting your local doctor or one of these support services below for advice on what to do next.

Lifeline (24/7)

13 11 14

lifeline.org.au

Kids Helpline

(24/7, for youth 5-25)

1800 55 1800

kidshelpline.com.au

QLife (3pm-midnight)

Anonymous, free

LGBTI support

1800 184 527

qlife.org.au

Suicide Call Back

Service (24/7)

1300 659 467

suicidecallbackservice.org.au

MensLine (24/7)

1300 78 99 78

mensline.org.au

More contacts

ruok.org.au/findhelp

Beyond Blue (24/7)

1300 224 636

beyondblue.org.au

13 YARN (24/7)

13 92 76

13yarn.org.au

For additional information on how to access Australia's most trusted mental health service providers, visit headtohealth.gov.au



www.healthyheads.org.au/ruok

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