

# 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](http://lifeline.org.au)

### **Suicide Call Back Service (24/7)**

1300 659 467

[suicidecallbackservice.org.au](http://suicidecallbackservice.org.au)

### **Beyond Blue (24/7)**

1300 224 636

[beyondblue.org.au](http://beyondblue.org.au)

### **Kids Helpline**

**(24/7, for youth 5-25)**

1800 55 1800

[kidshelpline.com.au](http://kidshelpline.com.au)

### **13 YARN (24/7)**

Crisis support for

Aboriginal and Torres Strait Islander people

13 92 76

[13yarn.org.au](http://13yarn.org.au)

### **QLife (3pm-midnight)**

Anonymous, free

LGBTI support

1800 184 527

[qlife.org.au](http://qlife.org.au)

### **MensLine (24/7)**

1300 78 99 78

[mensline.org.au](http://mensline.org.au)

### **More contacts**

[ruok.org.au/findhelp](http://ruok.org.au/findhelp)

For additional information on how to access Australia's most trusted mental health service providers, visit [headtohealth.gov.au](http://headtohealth.gov.au)



Scan the QR code or go to  
[healthyheads.org.au/ruok](http://healthyheads.org.au/ruok)

# Ask

**RUOK?**<sup>TM</sup>  
inTrucks&Sheds

**No qualifications needed**