

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

Suicide Call Back Service (24/7)

1300 659 467
suicidecallbackservice.org.au

Beyond Blue (24/7)

1300 224 636
beyondblue.org.au

MensLine (24/7)

1300 78 99 78
mensline.org.au

13 YARN (24/7)

13 92 76
13yarn.org.au
Support for Aboriginal
and Torres Strait
Islander peoples

QLife (3pm-midnight)

1800 184 527
qlife.org.au
Anonymous, free
LGBTIQ+ support

More contacts

ruok.org.au/findhelp

Other useful contacts

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



Scan the QR code or go to
healthyheads.org.au/ruok

Ask
RUOK?  **ANY DAY**
inTrucks&Sheds