

### Emergency support

Dial **Triple Zero (000)** urgently if you or someone else is in immediate danger, or if you are concerned for your safety in any way.

### Crisis support

There are many telephone, online counselling and crisis services available. These services allow you to access immediate support, at any time of day or night. You can get support without having to wait for an appointment or when it's difficult to access your regular healthcare provider.

#### Lifeline

- Phone **13 11 14** | Visit [lifeline.org.au](https://www.lifeline.org.au) for online crisis support via webchat

#### Kids Helpline – for children and young people aged 5 to 25 years

- Phone **1800 551 800** | Visit the [kidshelpline.com.au](https://www.kidshelpline.com.au) for webchat or email support

#### Mental Health line (NSW Health)

- Phone **1800 011 511**

#### Suicide Call Back Service

- Phone **1300 659 267** | Visit [suicidecallbackservice.org.au](https://www.suicidecallbackservice.org.au)

#### Beyond Blue

- Phone **1300 22 4636** | Visit [beyondblue.org.au](https://www.beyondblue.org.au) for online chat

#### MensLine Australia

- Phone **1300 78 99 78** | Visit [mensline.org.au](https://www.mensline.org.au) for online chat and video counselling