



24/7 Mental Health Services

Beyond Blue

Anyone feeling anxious or depressed



beyondblue.org.au



1300 22 4636

MensLine Australia

Men with emotional or relationship concerns



mensline.org.au



1300 78 99 78

Kids Helpline

Counselling for young people aged 5 to 25



kidshelpline.com.au



1800 55 1800

Lifeline

Anyone having a personal crisis



lifeline.org.au



13 11 14



If you or someone you know is at immediate risk or harm, call triple zero (000).

Suicide Call Back Service

Anyone thinking about suicide



suicidecallbackservice.org.au



1300 659 467



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