

SERVICE DESCRIPTION

CONTACT DETAILS



Beyond Blue

Focused on supporting people affected by anxiety, depression and suicide.

Call **1300 22 4636**

24 hours / 7 days a week

Chat online 24 hours / 7 days a week
online.beyondblue.org.au/#/chat/start

beyondblue.org.au



Lifeline

For adults experiencing emotional distress. Includes crisis support and suicide prevention services.

Call **13 11 14**

24 hours / 7 days a week

Text **0477 13 11 14**
12pm to midnight AEST

lifeline.org.au



Mensline

Specialised service for men with concerns including their mental health, family or relationships.

Call **1300 78 99 78**

24 hours / 7 days a week

mensline.org.au



Suicide Call Back Service

For people affected by suicide (personally or worried about someone) and aged 15 years and older.

Call **1300 659 467**

24 hours / 7 days a week

suicidecallbackservice.org.au



Kids Helpline

Confidential online and phone counselling service for young people aged 5 to 25.

Call **1800 55 1800**

24 hours / 7 days a week

Email **counsellor@kidshelpline.com.au**

kidshelpline.com.au



Translating And Interpreting Service

Provided by the Department of Home Affairs for people who do not speak English and for agencies and businesses that need to communicate with their non-English speaking clients.

Call **131 450**

24 hours / 7 days a week

tisnational.gov.au