

Support is here for you, anytime.

Lifeline 13 11 44

CALL 24/7 FOR CRISIS SUPPORT
CHAT ONLINE 7PM-MIDNIGHT
TEXT **0477131114** 12PM-MIDNIGHT
lifeline.org.au

Accessline 1800 800 944

LOCAL MENTAL HEALTH SUPPORT 24/7

Beyond Blue 1300 22 4636

CALL 24/7 OR CHAT ONLINE OR BY EMAIL
beyondblue.org.au

Suicide Call Back Service 1300 659 467

IMMEDIATE SUPPORT IN A CRISIS - CALL OR CHAT ONLINE 24/7
suicidecallbackservice.org.au

Kids Helpline 1800 55 1800

FREE PHONE AND ONLINE COUNSELLING FOR AGES 5-25
kidshelpline.com.au



Learn more about local health services at
facebook.com/yourLHAC

BROUGHT TO YOU BY YOUR LOCAL HEALTH
ADVISORY COMMITTEE IN PARTNERSHIP WITH:



IF YOU NEED IMMEDIATE OR CRISIS SUPPORT CALL ACCESSLINE 1800 800 944
OR VISIT YOUR LOCAL HOSPITAL OR GP. IF A LIFE IS IN DANGER, CALL 000.

denimentalhealth.org.au