HELP SEEKING HANDOUT

Thank you for taking part!

If anything about today brought up negative thoughts or feelings for you, the following services are there to listen and help you out. They are free, confidential and available 24/7.



For personal crisis support and suicide prevention.

* For all ages
* Phone, text and web chat counselling
* In an emergency, always call 000

13 11 14

lifeline.org.au



To talk to someone about anything that’s

going on in your life.

* For ages 5 – 25
* Phone and web chat counselling

1800 55 1800

kidshelpline.com.au

1300 659 467

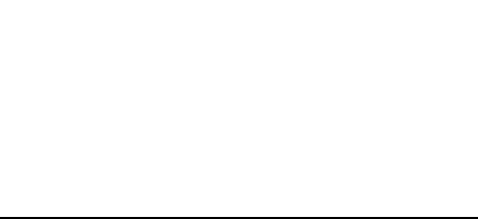
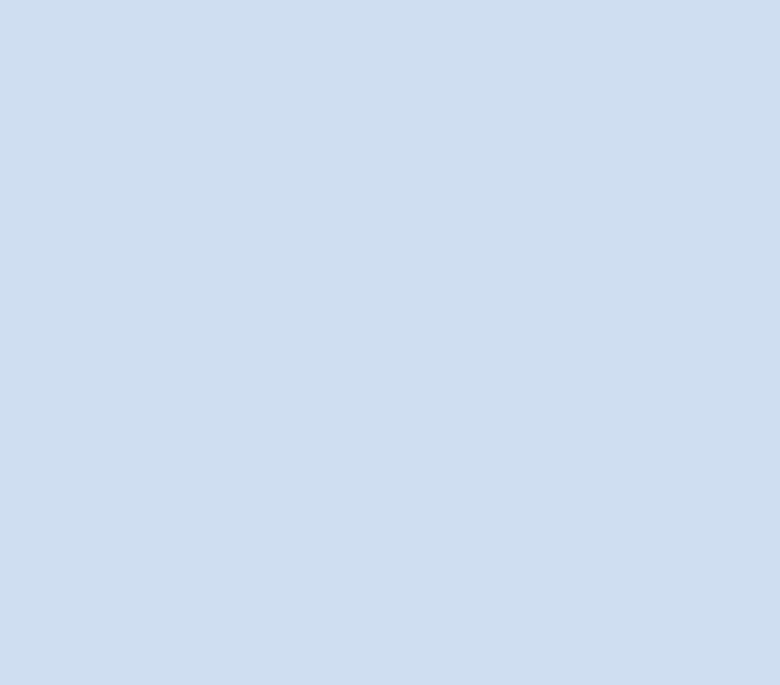
suicidecallbackservice.org.au

Support if you, or someone you know, is feeling suicidal.

* For ages 15+



* Phone counselling
* Online chat and video counselling (18+)



13 92 76

13yarn.org.au

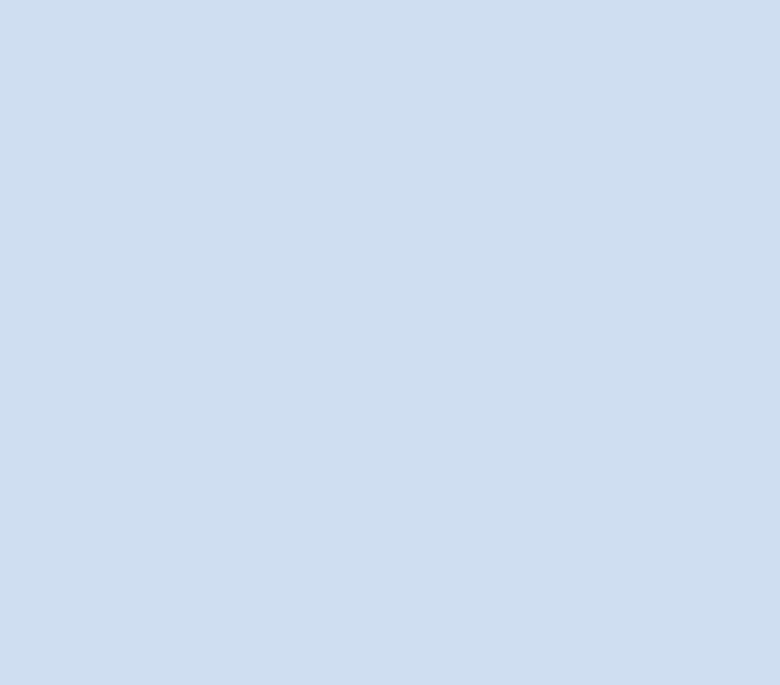
A safe space for Aboriginal & Torres Strait Islander people to get immediate crisis support.

For all ages

Phone counselling from Aboriginal and Torres Strait Islander Crisis Supporters

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Other services that can help you:



Online and telephone services for young people 12 – 25 going through a tough time.



Health advice and information for everyone.



Social, emotional and cultural wellbeing online resources for Aboriginal and Torres Strait people.



Mental health resources and translated information for multicultural communities.

embracementalhealth.org.au



Information, phone counselling and online chat for people who identify as LGBTQIA+.

State specific mental health helplines:



Support for people affected by alcohol and other drugs.

counsellingonline.org.au

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| **New South Wales** | Mental Health Line | 1800 011 511 |
| **South Australia** | Mental Health Triage Service | 13 14 65 |
| **Victoria** | Suicide Line (15+ years) | 1300 651 251 |
| **Queensland** | 13 MH CALL | 1300 642 255 |
| **Northern Territory** | NT Mental Health Line | 1800 682 288 |
| **Western Australia** | Mental Health Emergency Line (Perth)  Rurallink (rural and regional) | 1300 555 788  1800 552 002 |
| **Australian Capital Territory** | Mental Health Triage | 1800 629 354 |
| **Tasmania** | Access Mental Health | 1800 332 388 |

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