

# HELPSEEKING 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.

  13 11 14  <a href="https://lifeline.org.au">lifeline.org.au</a>	<p>For personal crisis support and suicide prevention.</p> <ul style="list-style-type: none"><li>• For all ages</li><li>• Phone, text and web chat counselling</li><li>• In an emergency, always call 000</li></ul>
 kidshelpline Anytime Any Reason  1800 55 1800  <a href="https://kidshelpline.com.au">kidshelpline.com.au</a>	<p>To talk to someone about anything that's going on in your life.</p> <ul style="list-style-type: none"><li>• For ages 5 - 25</li><li>• Phone and web chat counselling</li></ul>
  1300 659 467  <a href="https://suicidecallbackservice.org.au">suicidecallbackservice.org.au</a>	<p>Support if you, or someone you know, is feeling suicidal.</p> <ul style="list-style-type: none"><li>• For ages 15+</li><li>• Phone counselling</li><li>• Online chat and video counselling (18+)</li></ul>
  13 92 76  <a href="https://13yarn.org.au">13yarn.org.au</a>	<p>A safe space for Aboriginal &amp; Torres Strait Islander people to get immediate crisis support.</p> <ul style="list-style-type: none"><li>• For all ages</li><li>• Phone counselling from Aboriginal and Torres Strait Islander Crisis Supporters</li></ul>

## Other services that can help you:

### **QLife**

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

 1800 184 527

 [qlife.org.au](http://qlife.org.au)

### **Embrace Multicultural Mental Health**

Mental health resources and translated information for multicultural communities.

 [embracementalhealth.org.au](http://embracementalhealth.org.au)

### **WellMob**

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

 [wellmob.org.au](http://wellmob.org.au)

### **eHeadspace**

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

 1800 650 890

 [eheadspace.org.au](http://eheadspace.org.au)


### **Counselling Online**

Support for people affected by alcohol and other drugs.

 [counsellingonline.org.au](http://counsellingonline.org.au)

### **HealthDirect**

Health advice and information for everyone.

 1800 022 222

 [healthdirect.gov.au](http://healthdirect.gov.au)

## State specific mental health helplines:

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