

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.

 <p>Lifeline 13 11 14</p>	<p>For personal crisis support and suicide prevention.</p> <ul style="list-style-type: none">• For all ages• Phone, text and web chat counselling• In an emergency, always call 000
<p>☎ 13 11 14</p> <p>💬 lifeline.org.au</p>	

 <p>kidshelpline Anytime Any Reason</p>	<p>To talk to someone about anything that's going on in your life.</p> <ul style="list-style-type: none">• For ages 5 - 25• Phone and web chat counselling
<p>☎ 1800 55 1800</p> <p>💬 kidshelpline.com.au</p>	

 <p>Suicide Call Back Service</p>	<p>Support if you, or someone you know, is feeling suicidal.</p> <ul style="list-style-type: none">• For ages 15+• Phone counselling• Online chat and video counselling (18+)
<p>☎ 1300 659 467</p> <p>💬 suicidecallbackservice.org.au</p>	

 <p>13 YARN</p>	<p>A safe space for Aboriginal & Torres Strait Islander people to get immediate crisis support.</p> <ul style="list-style-type: none">• For all ages• Phone counselling from Aboriginal and Torres Strait Islander Crisis Supporters
<p>☎ 13 92 76</p> <p>💬 13yarn.org.au</p>	

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

Embrace Multicultural Mental Health

Mental health resources and translated information for multicultural communities.

 embracementalhealth.org.au

WellMob

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

 wellmob.org.au

eHeadspace

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

 1800 650 890

 eheadspace.org.au

Counselling Online

Support for people affected by alcohol and other drugs.

 counsellingonline.org.au

HealthDirect

Health advice and information for everyone.

 1800 022 222

 healthdirect.gov.au

State specific mental health helplines:

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