



# 24/7 Mental Health Services





## Is it an emergency?

If you or someone you know is at immediate risk of harm, call triple zero (000)

### Suicide Call Back Service

*Anyone thinking about suicide*

 [suicidecallbackservice.org.au](https://suicidecallbackservice.org.au)

 1300 659 467

### Lifeline

*Anyone having a personal crisis*


 [lifeline.org.au](https://lifeline.org.au)

 13 11 14

### Beyond Blue

*Anyone feeling anxious or depressed*


 [beyondblue.org.au](https://beyondblue.org.au)

 1300 22 4636

### Kids Helpline

*Counselling for young people aged 5 to 25*


 [kidshelpline.com.au](https://kidshelpline.com.au)

 1800 55 1800

### MensLine Australia

*Men with emotional or relationship concerns*

 [mensline.org.au](https://mensline.org.au)

 1300 78 99 78

### Open Arms

*Veterans and families counselling*

 [openarms.gov.au](https://openarms.gov.au)

 1800 011 046