

Mental Health Support Services



13 11 14
lifeline.org.au



1300 659 467
suicidecallbackservice.org.au



blackdoginstitute.org.au



1300 411 461
rosesintheocean.com.au



1300 22 4636
beyondblue.org.au



1800 55 1800
kidshelpline.com.au



1800 737 732
1800respect.org.au



1300 85 85 84
adf.org.au



lifeinmind.org.au



1800 858 858
gamblinghelpline.org.au



headspace.org.au



In case of an emergency or
crisis situation – dial 000



13YARN (13 92 76)
13yarn.org.au



1800 041 055
ruralhealthconnect.com.au



1300 327 624
ruralaid.org.au



flyingdoctor.org.au

Or your local GP, Hospital, or Health Service

In case of an emergency or crisis situation – dial 000