

**If you need immediate help or are at risk of harm to yourself or others,
call 000 now.**

Urgent support

Mental Health Triage

Adults 1300 657 259

Youth 1800 888 320

Lifeline

13 11 14

SuicideLine

1300 651 251

After hours and weekends

Beyond Blue

1800 512 348

MensLine

1300 789 978

KidsLine

1800 551 800