

# Mental Health Services and Support

## Beyond Blue

24/7 mental health support service

**1300 22 4636**  
**beyondblue.org.au**

## headspace

Online support and counselling to young people aged 12 to 25

**1800 650 890**  
(9am to 1am daily)  
**headspace.org.au**

## Kids Helpline

24/7 crisis support and suicide prevention services for children and young people aged 5 to 25

**1800 55 1800**  
**kidshelpline.com.au**

## Lifeline

24/7 crisis support and suicide prevention services

**13 11 14**  
**lifeline.org.au**

## Suicide Call Back

24/7 crisis support and counselling service for people affected by suicide

**1300 659 467**  
**suicidecallbackservice.org.au**

## 13YARN

24/7 crisis support for Aboriginal and Torres Strait Islander people

**13 92 76**  
**13yarn.org.au**

## Mensline

24/7 counselling service for men

**1300 78 99 78**  
**mensline.org.au**

## 1800 RESPECT

24/7 support for people impacted by sexual assault, domestic violence and abuse

**1800 737 732**  
**1800respect.org.au**

## QLife

LGBTIQ+ peer support and referral

**1800 184 527**  
**qlife.org.au**

If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.



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