

## Crisis support services

The following free, confidential services are available if you are in crisis and need an immediate response.

**Call 000 if you are in immediate danger.**

SERVICE NAME	DESCRIPTION	CONTACT DETAILS
<b>Lifeline</b>	24/7 advice and support via telephone, as well as online chat and text message support during evening hours.	13 11 14  <a href="http://www.lifeline.org.au">www.lifeline.org.au</a>
<b>Suicide Call Back Service</b>	24/7 telephone and online counselling for people who are affected by suicide.	1300 659 467  <a href="http://www.suicidecallbackservice.org.au">www.suicidecallbackservice.org.au</a>
<b>BeyondBlue</b>	24/7 advice and support via telephone, daily web chat between 3pm-12am and email (with a response provided within 24 hours).	1300 224 636  <a href="http://www.beyondblue.org.au/get-support/get-immediate-support">www.beyondblue.org.au/get-support/get-immediate-support</a>
<b>Kids Helpline</b>	24/7 telephone and online counselling services for young people aged 5 to 25.	1800 55 1800  <a href="http://www.kidshelpline.com.au">www.kidshelpline.com.au</a>
<b>National Sexual Assault, Domestic Family Violence Counselling Service</b>	24/7 telephone counselling for people impacted by sexual assault, domestic or family violence and abuse.	1800 737 732  <a href="http://www.1800respect.org.au/">www.1800respect.org.au/</a>
<b>MensLine Australia</b>	Telephone and online counselling for men with emotional health and relationship concerns.	1300 78 99 78  <a href="http://www.mensline.org.au/phone-and-online-counselling">www.mensline.org.au/phone-and-online-counselling</a>
<b>Family Drug Support</b>	24/7 counselling for people whose family members are affected by alcohol and other drug issues.	1300 368 186
<b>Open Arms</b>	24/7 telephone counselling for veterans and their families.	1800 011 046