

RURAL LINK

All ages regional, rural and remote areas. 24/7

1800 552 002

HEALTH DIRECT

24/7

1800 022 222

KIDS HELPLINE

5 -25 years old. 24/7

1800 551 800

DEPARTMENT OF COMMUNITIES

Crisis Care service. 24/7

1800 199 008

HEADSPACE

Phone, Chat or Email.

1800 650 890

OTHER WEBSITES

Beyond Blue
Black Dog Institute
Dolly's Dream
Reachout
Sane
Everymind

MENTAL HEALTH

If you are unhappy and need to talk to someone, use the list of contacts to help support you.

LIFELINE

All ages. 24/7

13 11 14

13 YARN

Crisis support for mob

13 92 76

CAMHS CRISIS CONNECT

Children and young people.
24/7

1800 048 636

