

## SUPPORT SERVICES FOR WELLBEING

If you, or someone you know is in immediate danger, please call [000](tel:000), visit your nearest hospital emergency or use any of these crisis helplines.

### **LIFELINE**

[13 11 14](tel:131114) | [lifeline.org.au](https://lifeline.org.au)

24/7 telephone, text and online crisis counselling and information.

### **BEYOND BLUE**

[1300 224 636](tel:1300224636) | [beyondblue.org.au](https://beyondblue.org.au)

24/7 telephone and online support services for people affected by anxiety, depression, and suicide.

### **BLACK DOG INSTITUTE**

[\(02\) 9382 4530](tel:0293824530) | [blackdoginstitute.org.au](https://blackdoginstitute.org.au)

Mental Health resources and support tools.

### **CROSSING THE LINE**

[crossingthelinesport.com](https://crossingthelinesport.com)

Expert advice and information on mental health and wellbeing in sport.

### **1800 RESPECT**

[1800 737 732](tel:1800737732)

24-hour sexual assault and domestic violence support.

### **HEADSPACE**

[1800 650 890](tel:1800650890) | [headspace.org.au](https://headspace.org.au)

Confidential telephone and online mental health support services for young people aged 12–25.

### **KIDS HELPLINE**

[1800 551 800](tel:1800551800) | [kidshelpline.com.au](http://kidshelpline.com.au)

24/7 confidential telephone and online counselling services for young people aged 12–25.

### **WELLMOB ONLINE COUNSELLING**

[wellmob.org.au](http://wellmob.org.au)

Wellbeing resources made by and for Aboriginal and Torres Strait Islander people.

### **YARNING SAFE N STRONG**

[1800 959 563](tel:1800959563) | [vahs.org.au/yarning-safenstrong](http://vahs.org.au/yarning-safenstrong)

24/7 wellbeing telephone support service for Aboriginal and Torres Strait Islander Peoples.

### **ACON PRIDE COUNSELLING**

[ACON Pride Counselling](#)

Service for LGBTQ+ inclusive and affirming counselling service.

### **QLIFE**

[1800 184 527](tel:1800184527)

3pm to midnight every day. A free and anonymous service that connects you with LGBTIQ+ peers.

### **BLAQ**

[1800 959 563](tel:1800959563) | [blaq.org.au](http://blaq.org.au)

Peak organisation for Aboriginal Lesbian, Gay, Bisexual, Transgender, Queer + Sistergirl and Brotherboy (LGBTQ+SB) Peoples and Communities in NSW.

- For a comprehensive list of nationally available free services, visit the [Mental Health Australia website](#).