**Lifeline**: Phone: 13 11 14

[www.lifeline.org.au](http://www.lifeline.org.au/)  
For anyone experiencing a personal crisis or thinking about suicide or worried about another person  
Available 24/7  
Online counselling is also available at set times - see website for details

**Beyondblue Support Service Phone 1300 22 4636**

[www.beyondblue.org.au](http://www.beyondblue.org.au)

For anyone experiencing a personal crisis or thinking about suicide or worried about another person

Available 24/7

Online counselling & chat forums are also available at set times - see website for details

**Suicide Call Back Service** Phone: 1300 659 467

[www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au/)  
Anyone aged 15+ years who is suicidal, caring for someone who is suicidal, bereaved by suicide, or a health professional supporting a suicidal individual  
Available 24/7  
Access up to 6 x 1 hour telephone counselling sessions  
Online counselling available at set times - see website for details

**Kids Helpline** Phone: 1800 55 1800  
[www.kidshelp.com.au](http://www.kidshelp.com.au/)  
For young people aged 5-25 years  
Available 24/7  
Web & email counselling

**MensLine Australia**  
Phone: 1300 78 99 78  
[www.mensline.org.au](http://www.mensline.org.au/)  
For Men, all ages  
Available 24/7  
Online & video counselling at set times - see website for details  
Access up to 6 x 1 hour telephone counselling sessions