

RUOK?TM

A conversation could change a life.

The Coronavirus outbreak is a challenging time for many.

If you or someone you know is in crisis...

You are not alone. You have options. Help is available

Yarn to one of these services anytime, day or night:

Lifeline

13 11 14

lifeline.org.au

Beyond Blue

1300 22 4636

beyondblue.org.au

Kids Help Line

1800 55 1800

kidshelp.com.au

Suicide Call Back Service

1300 659 467

suicidecallbackservice.org.au

1800 RESPECT

1800 737 732

1800respect.org.au

Mensline

1300 789 978

mensline.org.au

**Mental Health
Access Line**

1800 011 511

Domestic Violence Line

1800 65 64 63

In an Emergency dial 000

phn
WESTERN NSW

An Australian Government Initiative