

Helpers in our Community

If you or someone you care about is thinking about suicide, there are many ways you can get help, including:

- **If life is in danger, please call 000 emergency.**
- Visit your GP – they may be able to help with a referral in your local area.
- Talk to someone you trust – sharing your thoughts and feelings with someone you trust can sometimes reduce the burden of overwhelming thoughts of hopelessness or helplessness. A parent, close friend, colleague, teacher, mentor may be a good first option.



Crisis Support Services:

• Lifeline	13 11 14 www.lifeline.org.au	24/7 phone service for anyone experiencing a personal crisis or thinking about suicide. Crisis chat is available via the website.
• Suicide Call Back Service	1300 659 467 www.suicidecallbackservice.org.au	24/7 phone, video and online professional counselling to people who are affected by suicide.
• NSW Mental Health Line	1800 011 511	A state-wide 24-hour mental health telephone access service. Speak with a mental health professional and be referred to the right care.
• Mens Line Australia	1300 78 99 78 www.mensline.org.au	24/7 phone and webchat support, information and referral service for men with family and relationship concerns.
• Kids Helpline	1800 55 1800 www.kidshelpline.com.au	24/7 phone and webchat counselling for children & young people aged between 5 – 25yrs.
• Beyondblue	1300 22 46 36 www.beyondblue.org.au	24/7 phone crisis support and webchat counselling (3pm – 12am).
• 1800 Respect	1800 737 732 www.1800respect.org.au	24/7 phone and webchat counselling for those affected by sexual assault, domestic or family violence and abuse.
• Open Arms	1800 011 046	24/7 crisis support and counselling for veterans and their families.

Other Support Services:

• Lifeline Service Finder	www.lifeline.org.au/get-help/service-finder	Offers a service finder on the website to help you find a local service.
• QLife	1800 184 527 www.qlife.org.au	Phone and webchat available 3pm-midnight. QLife supports LGBTI Australians to have a conversation about their health and wellbeing.
• SANE Australia helpline	1800 187 263 www.sane.org/get-help	Talk to a mental health professional via phone or webchat. Monday to Friday, 10am – 10pm or information online.
• National Debt Help Line	1800 007 007 www.ndh.org.au	Free debt support service and referral to financial counsellor. Monday to Friday, 9.30am – 4.30pm
• eheadspace	1800 650 890 www.headspace.org.au/our-services/eheadspace	9am-1am, 7 days. Online and phone support and counselling to young people 12 - 25 and their families and friends.
• ReachOut.com	www.au.reachout.com	Innovative e-mental health services that enable young people to take control of their mental health and wellbeing. Also help for Parents/Carers and Schools.
• Blue Knot Foundation	1300 657 380 www.blueknot.org.au	9am-5pm, 7 days. Support for adult survivors of childhood trauma.

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Further Information:

The following websites offer free information on Mental Health and Wellbeing for all ages and what to do in times of distress:

• Lifeline	www.lifeline.org.au	As well as providing crisis support, suicide prevention and mental health services, Lifeline also provides national services and campaigns that promote emotional wellbeing, encourage help seeking, and address suicide prevention and awareness.
• ReachOut.com	www.au.reachout.com	Australia's national leading online youth mental health service. With a mobile – friendly site and forums, you can access help and support easily no matter where you are. Includes forums, fact sheets, personal stories and videos on a variety of subjects including cyberbullying, exam stress, coping skills, body image, sexuality.
• SANE Australia	www.sane.org	SANE Australia is a national mental health charity working to support four million Australians affected by complex mental illness. SANE's work includes mental health awareness, online peer support and information, stigma reduction, specialist helpline support, research and advocacy.
• Beyondblue	www.beyondblue.org.au	An independent, not-for-profit organisation working to increase awareness and understanding of depression and anxiety in Australia and reduce the associated stigma. Includes reference groups, research programs, online forums, and treatment options.
• QLife	www.qlife.org.au	QLife provides anonymous, LGBTI peer support and referrals for people wanting to talk about a range of issues including; sexuality, identity, gender, bodies, feelings or relationships. Telephone and webchat support. Resources and referrals via website.
• headspace	www.headspace.org.au	Australia's national Youth Mental Health Foundation. Provides people aged 12-25 yrs with health advice, support and information on general health, mental health and counselling, education, employment and alcohol and other drug services. Also provides information and services for parents, carers and professionals who work with young people.
• StandBy	www.standbysupport.com.au	Support after suicide. Standby offers expertise, understanding and resources for your particular situation by supporting anyone who has been impacted by suicide at any stage of their life, including individuals, families & friends, witnesses, schools, workplaces and community groups, first responders and service providers.
• Heads Up	www.headsup.org.au	Workplace training and resources for employers, employees, managers and small business owners to create mentally healthy workplaces. Includes case studies, personal stories and how to create an action plan.
• Head to Health	www.headtohealth.gov.au	If you're trying to improve your own mental health, or support somebody else with mental health issues, Head to Health provides links to trusted Australian online and phone supports, resources and treatment options.

Non-English language support:

There is also a range of free or low-cost counselling or support services in Australia.

• Translating and Interpreting Services	131 450 www.tisnational.gov.au	(TIS National) is an interpreting service provided by the Department of Home Affairs for people who do not speak English and for agencies and businesses that need to communicate with their non-English speaking clients. Available 24/7 for the cost of a local call for any person or organisation in Australia who needs an interpreter.
• Mental Health in Multicultural Australia	www.mhima.org.au	Mental health information for people from Culturally and Linguistically Diverse backgrounds.
• SANE Australia	www.sane.org	Translated Mental Health fact sheets and podcasts.

This is not an extensive list of services available. If you have ideas on how to improve this resource, please email us at training@llsc.org.au.