



## RECOMMENDED SUICIDE PREVENTION RESOURCES & SUPPORTS

**Lifeline Australia** – 24/7 crisis support and suicide prevention services. **13 11 14**

**Suicide Call Back Service** – 24/7 telephone crisis support for people at risk of suicide, carers and bereaved, as well as online resources and information. Phone, online chat and video chat counselling with qualified clinicians. **1300 659 467**

**Beyondblue** – 24/7 telephone support service and online chat between 4pm – 10pm (AEST). **1300 224 636**

**MensLine Australia** – 24/7 telephone and online counselling service for men with family and relationship concerns. **1300 789 978**

**Kids Helpline** – free, private and confidential 24/7 phone and online counselling service for young people age 5 to 25 years. **1800 551 800**

**eHeadspace** – free online chat, email and telephone support and counselling to young people 12 – 25 years and their families and friends. **1800 650 890**

**PLEASE NOTE** – even though all of these services and supports are offered free of charge, if calling from a mobile phone, normal call charges will apply.