

Kids Helpline

24/7 crisis support and suicide prevention services for children and young people aged 5 to 25

1800 55 1800

headspace

Online support and counselling to young people aged 12 to 25

1800 650 890 (9am to 1am daily)

For webchat visit <https://headspace.org.au/eheadspace>

Beyond Blue

24/7 mental health support service

1300 22 46 36

1800RESPECT

24/7 support for people impacted by sexual assault, domestic violence and abuse

1800 737 732

Lifeline

24/7 crisis support and suicide prevention services

13 11 14

Suicide Call Back Service

24/7 crisis support and counselling service for people affected by suicide

1300 659 467

Mensline

24/7 counselling service for men

1300 78 99 78

QLife

LGBTI peer support and referral

1800 184 527 (3pm to midnight daily)

Online chat 3pm to midnight daily

13YARN

24/7 crisis support for Aboriginal and Torres Strait Islander people

13 92 76