

Adult crisis support and suicide prevention help:

- Suicide Call Back Service is a 24-hour, nationwide service that provide telephone and online counselling to people aged 15 and old affected by suicide. Phone: 1300 659 467.
- SuicideLine offers 24-hour and free telephone support across Victoria. Phone: 1300 651 251.
- Lifeline is a 24-hour counselling, suicide prevention and mental health support service. Phone: 13 11 14.
- beyondblue offers 24-hour telephone support, online chat service, and links to local services. Phone: 1300 224 636.
- Sane Helpline provides information, guidance, and referral to help manage mental health concerns. Available weekdays, 9am-5pm AEST. Phone: 1800 187 263.
- QLife is a nationwide counselling and referral service for LGBTQI people that provides phone and chat between 3 pm and midnight every day. Phone: 1800 184 527.
- MensLine Australia provides 24-hour support for Australian men. Phone: 1300 789 978.
- NSW Domestic Violence Line provides statewide 24/7 support at a free-call number. Phone: 1800 656 463.