

National Help Lines

Suicide and Crisis Support

If you are in an emergency, or at immediate risk of harm to yourself or others,
Please contact emergency services on **000**

To talk to someone now call:

Suicide Call Back Service 1300 659 467 (24hr service)

Lifeline	13 11 14 (24hrs)
Alzheimer's Australia	1800 100 500 (8am – 8pm) Monday – Friday
Beyond Blue	1300 224 636 (24hrs)
Carers Australia	1800 242 636 (9am – 5pm)
Elder Abuse Helpline Qld	1300 651 192 (9am – 5pm) Monday - Friday
Headspace	1800 650 890 (9am – 1am) every day
Kids Helpline	1800 551 800 (24hrs, people aged between 5 & 25)
MensLine Australia	1300 789 978 (24hrs)
MindSpot Clinic	1800 614 434 (8am – 8pm) Monday - Friday 8am – 6pm Saturday
Open Arms	1800 011 046 Veterans and Families Counselling
Panda Perinatal Anxiety & Depression	1300 726 306 (10am – 5pm) Monday – Friday
Qlife LGBTI Support	1800 184 527 (3pm – 12am)
Queensland Health	13 43 2484
Relationships Australia	1300 364 277
National Sexual Assault, Domestic Family Violence Counselling Service	1800 737 732, 1800RESPECT
Sands Australia Miscarriage, Stillbirth & Newborn Death Support	1300 072 637 (24hrs)