

Thank you

If anything that was discussed today brought up negative thoughts or feelings, the following services are there to listen and help you out. They are free, confidential and available 24/7.

Give them a call or check them out online.

Are you in immediate danger? Call 000

If you, or someone you are with is in immediate danger, call 000 or go to your nearest hospital emergency department.



For personal crisis support and suicide prevention.

- For all ages
- Phone counselling
- Online chat available from 7pm to midnight AEST, 7 days.

Call 13 11 14 or visit the online chat service:

[lifeline.org.au](https://www.lifeline.org.au)

For mental health support:

- Free mental health support service available 24/7

Call 1300 22 4636 or visit the online chat service:

[beyondblue.org.au](https://www.beyondblue.org.au)

Other services that can help you

1800 Respect

Information, phone counselling and online chat to support people impacted by sexual assault, domestic or family violence and abuse:

[1800 737 732](tel:1800737732)

[1800respect.org.au](https://www.1800respect.org.au)

Counselling Online

Support for people affected by alcohol and other drugs

[counsellingonline.org.au](https://www.counsellingonline.org.au)

HealthDirect

Health advice and information for everyone

[1800 022 222](tel:1800022222)

[healthdirect.gov.au](https://www.healthdirect.gov.au)