



GET HELP AND SUPPORT

IF LIFE IS IN DANGER CALL **000**

IF IN NEED OF SUPPORT, HAVE SUICIDAL THOUGHTS
OR WORRIED ABOUT SOMEONE CALL **LIFELINE 13 11 14**

CRISIS SUPPORT

LIFELINE 13 11 14

Call 24/7 for crisis support and suicide prevention services
When life gets too much and you find it hard to talk
TEXT 0477 13 11 14
6.00pm - 12pm (AEST)

BEYOND BLUE 1300 22 4636

24/7 for advice, referral and support from a trained mental health professional

SUICIDE CALL BACK SERVICE 1300 659 467

24/7 free counselling and support for people at risk of suicide, carers and bereaved

1800RESPECT 1800 737 732

24/7 counselling information and referrals for sexual assault, domestic or family violence and abuse

KIDS HELPLINE 1800 55 1800

24/7 private and confidential phone and online counselling service for young people aged 5 to 25

The Gotcha4Life team and its Program Partners are not crisis intervention or counselling services. If you are experiencing poor mental health, please contact your GP for advice and a referral to mental health professionals and services.

OTHER RESOURCES

QLIFE

1800 184 527

3pm-12am phone and online LGBTI peer support and referral for people in Australia wanting to talk about sexuality, identity and gender

OPEN ARMS

1800 011 046

24/7 support for current and ex-serving Australian Defence Force personnel

THIRRILI

1800 805 801

24/7 Critical response services working with local Elders, community and Aboriginal and /or Torres Strait Islander organisations to offer emotional and practical help and support

HEADSPACE

1800 650 890

Support and information for young people 12-25 for mental health and what's going on in their life

MENSLINE AUSTRALIA

1300 78 99 78

24/7 telephone and online support for men with emotional health and relationship concerns

SANE AUSTRALIA

1800 18 7263

Mon - Fri 10am-10pm
Mental illness advice, referral and support via phone, email or webchat

MINDSPOT CLINIC

1800 61 44 34

24/7 telephone and online support for men with emotional health and relationship concerns

REACH OUT.COM

Online mental health help with for young people and their parents. To support everyday issues through to tough times

BEYONDNOW

Search BeyondNow App to download App

An App that helps create a safety plan if you're experiencing suicidal thoughts, feeling distress or stress.

BLACK DOG INSTITUTE

blackdoginstitute.org.au

Research, information, facts and online resources for mental health and illnesses

HEAD TO HEALTH

headtohealth.gov.au

A directory of digital mental health resources

PROUDLY SUPPORTING OUR PROGRAM PARTNERS



**TOMORROW
MAN**



**TOMORROW
WOMAN**

