

# CRISIS CONTACT INFORMATION

Define Normal  
LIFE STYLE SUPPORTS



In an emergency call 000 or go to your local hospital emergency department.

## 1300 MH CALL (1300 642 255)

A confidential mental health telephone triage service that provides the first point of contact to public mental health services to Queenslanders.

## LIFELINE 24/7 (13 11 14)

Lifeline is a national charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention.

## SUICIDE CALL BACK SERVICE (1300 659 467)

Free counselling for suicide prevention & mental health via telephone, online & video for anyone affected by suicidal thoughts, 24/7

## BEYOND BLUE (1300 789 978)

Beyond Blue is here to help - whether you're seeking mental health info or qualified support for you or someone else.

## HEADSPACE (1800 650 890)

Headspace clinicians work with young people aged 12-25, providing evidence-based mental health treatments via our online and telephone services.

## YOUTH BEYOND BLUE (1300 224 636)

24/7 telephone service for help and assistance for youth that may be experiencing mental health issues.

## QLIFE (1800 650 890)

Anonymous and free LGBTIQ+ peer support and referral for people in Australia.

## 13YARN (13 92 76)

An Aboriginal & Torres Strait Islanders crisis support line. Available 24/7. No shame, no judgement, safe place to yarn.

## 1800 RESPECT (1800 732 732)

Is the national domestic, family and sexual violence counselling, information and support service.

## SANE (1800 187 263)

SANE offers a range of free digital and telehealth support services for people over 18 years of age with complex mental health needs, and their family, friends and carers.

<https://askizzy.org.au> Find the help you need, now and nearby.