

# Support services

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## Lifeline

13 11 14 | Text 24/7 0477 13 11 14 | [lifeline.org.au](https://lifeline.org.au)

## 13YARN

13 92 76 | [13yarn.org.au](https://13yarn.org.au)

Aboriginal and Torres Strait Islander service 24/7

## Suicide Call Back Service

1300 659 467 | [suicidecallbackservice.org.au](https://suicidecallbackservice.org.au)

## Beyond Blue

1300 224 636 | [forums.beyondblue.org.au](https://forums.beyondblue.org.au)

## StandBy Support After Suicide

1300 727 247

## QLife

1800 184 527 | [qlife.org.au](https://qlife.org.au)

LGBTIQ+ service available 3pm - midnight

## MensLine Australia

1300 789 978 | [mensline.org.au](https://mensline.org.au)

## Youth

Kids Helpline 1800 55 1800 | [kidshelpline.com.au](https://kidshelpline.com.au)

headspace 1800 650 890 | [headspace.org.au](https://headspace.org.au)

ReachOut [reachout.com.au](https://reachout.com.au)

## Other resources

### Medicare Mental Health

[medicarementalhealth.gov.au](https://medicarementalhealth.gov.au)

### SANE online forums

[saneforums.org](https://saneforums.org) | 1800 187 263 (10am - 10pm)

### Embrace Multicultural Mental Health

[embracementalhealth.org.au](https://embracementalhealth.org.au)

### National Alcohol and Other Drug Hotline

1800 250 185

### Gambling Help Online

1800 858 858 | [gamblinghelponline.org.au](https://gamblinghelponline.org.au)