



# 24/7 Mental Health Services



**Is it an emergency?**

If you or someone you know is at immediate risk of harm, call **triple zero (000)**

## Suicide Call Back Service

*Anyone thinking about suicide*

 [suicidecallbackservice.org.au](http://suicidecallbackservice.org.au)

 1300 659 467

## Lifeline

*Anyone having a personal crisis*

 [lifeline.org.au](http://lifeline.org.au)

 13 11 14

## Beyond Blue

*Anyone feeling anxious or depressed*

 [beyondblue.org.au](http://beyondblue.org.au)

 1300 22 4636

## Kids Helpline

*Counselling for young people aged 5 to 25*

 [kidshelpline.com.au](http://kidshelpline.com.au)

 1800 55 1800

## MensLine Australia

*Men with emotional or relationship concerns*

 [mensline.org.au](http://mensline.org.au)

 1300 78 99 78

## Open Arms

*Veterans and families counselling*

 [openarms.gov.au](http://openarms.gov.au)

 1800 011 046

Information in this flyer has been sourced from Health Direct – Mental Health Resources.

 1800 772 679  [www.psa.asn.au](http://www.psa.asn.au)  [www.cpsunsw.org.au](http://www.cpsunsw.org.au)  [psa@psa.asn.au](mailto:psa@psa.asn.au)  [cpsu.nsw@psa.asn.au](mailto:cpsu.nsw@psa.asn.au)

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