

# HELP LINES & SUPPORT

13YARN - Aboriginal & Torres Strait Islander Crisis Support

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

1800 Respect - Help for domestic violence and abuse


[www.1800respect.org.au](http://www.1800respect.org.au) 1800 737 732



Beyond Blue - Help for depression, anxiety and suicide prevention

 [www.beyondblue.org.au](http://www.beyondblue.org.au)  
1300 22 46 36

Black Dog Institute - Help for depression and bipolar disorder

 [www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)  
(02) 9382 4530  
Black Dog Institute

Griefline - Help and support for people suffering from grief

 [www.griefline.org.au](http://www.griefline.org.au)  
GriefLine  
Community & Family Services Inc. 1300 845 745

headspace - Support for young people

 [www.headspace.org.au](http://www.headspace.org.au)  
1800 650 890  
National Youth Mental Health Foundation

Kids Helpline - Support for people aged 5 - 25

[www.kidshelpline.com.au](http://www.kidshelpline.com.au) 1800 55 1800

 Kids Helpline

Lifeline - Crisis support and suicide prevention

[www.lifeline.org.au](http://www.lifeline.org.au) 13 11 14

 Lifeline Saving Lives  
Crisis Support. Suicide Prevention.

MensLine Australia - Help and support for men

 [www.mensline.org.au](http://www.mensline.org.au)  
1300 78 99 78

QLife - Help for LGBTQI people and their families

 [www.qlife.org.au](http://www.qlife.org.au)  
1800 184 527  
LIFE

Reach Out - Support for people aged 14 - 25

 [www.reachout.com](http://www.reachout.com)

Suicide Call Back Service - Support for people affected by suicide

 [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)  
1300 659 467

In an emergency situation call 000 - Fire, Police, Ambulance