

# Crisis Supports

Dial **Triple Zero (000)** in an emergency.



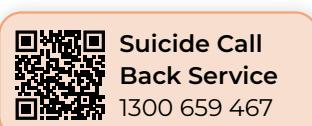
## 24/7 Crisis Lines (all ages):



**Mental Health Access Line**  
1300 642 255



**Lifeline**  
13 11 14  
0477 131 114\*



**Suicide Call Back Service**  
1300 659 467



**Beyond Blue**  
1300 224 636

\*Text service only



**MensLine Australia**  
1300 789 978



**Kids Helpline**  
1800 551 800



**1800 RESPECT**  
1800 737 732

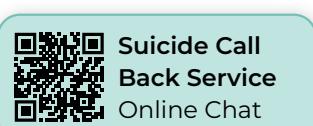


**QLD Health**  
13 HEALTH  
(13 432 584)

## Online / Phone Supports:



**SANE Australia**  
1800 187 26



**Suicide Call Back Service**  
Online Chat



**Beyond Blue**  
Online Chat



**eHeadspace**  
Online  
Supports



**eGrow**  
Online Mental  
Health Groups



**Grief Line**  
1300 845 745

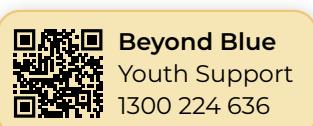


**BlueKnot Complex**  
Trauma Support  
1800 421 468

## Children & Youth Supports:



**Headspace**  
1800 650 890



**Beyond Blue**  
Youth Support  
1300 224 636



**QLIFE**  
1800 184 527 &  
Webchat



**REACHOUT**  
Online Chat &  
Supports



**QLD Police**  
Liaison  
Program

# Crisis Supports

Dial **Triple Zero (000)** in an emergency.



## Domestic Violence & Abuse Supports:



**QLD Police**  
(Reporting DV  
or 000)



**1800 RESPECT**  
1800 737 732



**MensLine**  
Australia  
1300 789 978



**DV Connect**  
Womensline  
1800 811 811

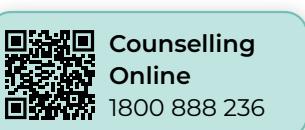


**DV Connect**  
Mensline  
1800 600 636

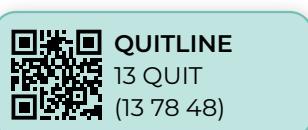


**Elder Abuse**  
Prevention  
1300 651 192

## Alcohol & Drugs Supports:



**Counselling**  
Online  
1800 888 236



**QUITLINE**  
13 QUIT  
(13 78 48)



**QLD Police**  
(Reporting  
Assault) or 000



**DV Connect**  
Assault Line  
1800 010 120



**QLD Health**  
Drugs and  
Alcohol Service



**Bravehearts**  
(Child Assault)  
1800 272 831

## Carer Supports:



**Carer Gateway**  
Counselling  
1800 422 737



**Parentline**  
1300 301 300



**Butterfly**  
Foundation  
1800 334 673

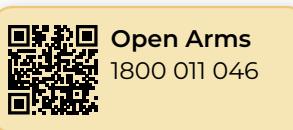


**Eating**  
Disorders QLD  
(07) 3844 6055

## Perinatal Support:



**PANDA**  
National  
1300 726 306



**Open Arms**  
1800 011 046

## Veterans Support: