

# 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\*

*\*Text service only*



**Suicide Call Back Service**  
1300 659 467



**Beyond Blue**  
1300 224 636



**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



**QLD Health Children's Health**  
(07) 3068 2555

## LGBTQIA+ Supports:



**QLIFE**  
1800 184 527 & Webchat



**REACHOUT Online Chat & Supports**



**QLD Police Liaison Program**

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## 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 Health**  
Drugs and  
Alcohol Service

## Sexual Assault Supports:



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



**DV Connect Assault Line**  
1800 010 120



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

## Carer Supports:



**Carer Gateway Counselling**  
1800 422 737



**Parentline**  
1300 301 300

## Eating Disorder Supports:



**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: