

Useful Contacts		
	<p>Suicide Call Back Service 24/7 Free telephone, online, video counselling for depression, anxiety, those thinking of suicide, bereaved by suicide and those who support them</p>	<p>1300 659 467 www.suicidecallbackservice.org.au</p>
	<p>Lifeline</p>	<p>13 11 14 www.lifeline.org.au</p>
	<p>MensLine 24/7 help, support, referrals & counselling for men via phone, online and video</p>	<p>1300 789 978 www.mensline.org.au</p>
	<p>Beyond Blue Support Service 24/7 phone, online support. Chat forums</p>	<p>1300 224 636 www.beyondblue.org.au</p>
	<p>Kids Helpline Free, confidential, 24/7 phone & online counselling for 5-25years</p>	<p>1800 551 800 www.kidshelpline.com.au</p>
	<p>Open Arms Veterans & Veterans Families Counselling</p>	<p>1800 011 046 9-5 Then diverts to Veterans Line. Will be answered 24/7 www.openarms.gov.au</p>
	<p>Mates for Mates Support for wounded, injured or ill, current and ex serving ADF personnel</p>	<p>1300 4 MATES (462 837) www.mates4mates.org</p>
	<p>ReachOut Internet information service for under 25yrs old</p>	<p>https://au.reachout.com/</p>
	<p>1800RESPECT National sexual assault, domestic family violence counselling service 24/7.</p>	<p>1800 RESPECT (737 732) www.1800respect.org.au</p>
	<p>QLIFE Telephone and online chat support service for lesbian, gay, bisexual, trans, and/or intersex (LGBTI) communities. 3pm – midnight 7 days</p>	<p>1800 184 527 www qlife.org.au</p>