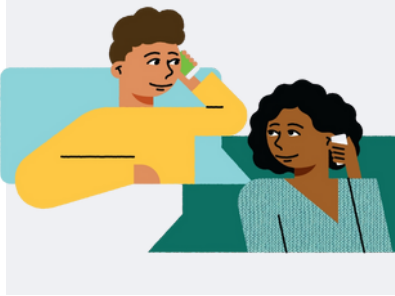


help over Christmas

On this page, you'll find a list of some of the services that can assist you over this holiday season while we are away.



NSW Mental Health Line

The NSW Mental Health line is a 24/7 free statewide phone service which links people to NSW mental health services. Give them a call if you are worried about your own, or someone else's mental health.

Phone: 1800 011 511

[learn more](#)



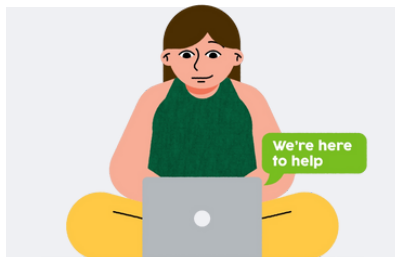
Lifeline

Lifeline is a national 24 hour crisis support and suicide prevention service. Lifeline is also able to support people from Non-English speaking backgrounds.

Phone: 13 11 14

Online Support: www.lifeline.org.au

[learn more](#)

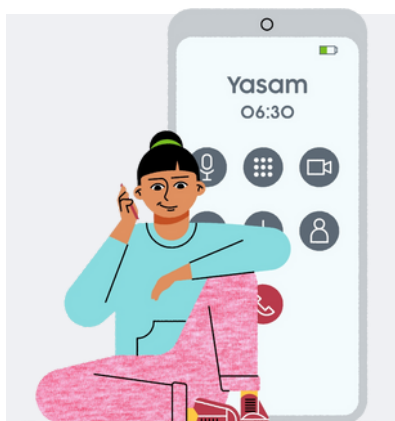


Kids Helpline

Kids Helpline is a 24/7 free nationwide online and phone counselling service for young people aged 5 to 25. Give them a call if you are struggling with your mental health.

Phone: 1800 55 1800

[learn more](#)



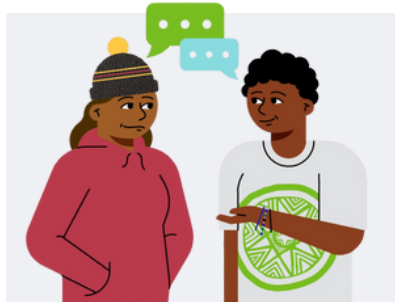
Suicide Call Back Service

The Suicide Call Back Service is a 24/7 free nationwide phone and online counselling service for people affected by suicide in any capacity. Give them a call if you have lost someone to suicide, are worried about someone who is feeling suicidal, or if you are experiencing suicidal thoughts.

Phone: 1300 659 467

Online Support: www.suicidecallbackservice.org.au

[learn more](#)



13YARN

13YARN is a free 24/7 crisis support phone service for First Nations peoples run by First Nations peoples. Give them a call if you or someone you know identifies as First Nations, and is struggling with their mental health.

Phone: 13 92 76

[learn more](#)



help over Christmas

On this page, you'll find a list of some of the services that can assist you over this holiday season while we are away.



Brother to Brother

Brother to Brother is a 24/7 crisis phone line for Aboriginal men run by Aboriginal men and Elders. Give them a call if you identify as an Aboriginal man, and need someone to talk to.

Phone: 1800 435 799

[learn more](#)



QLife

QLife is a nationwide free phone and online LGBTIQ+ support service. Give them a call if you want to talk about sexuality, gender, bodies, feelings or relationships.

Phone: 1800 184 527 - Open 3:00PM to 12:00AM daily

Online Support: qlife.org.au

[learn more](#)



MensLine

MensLine Australia is a 24/7 free phone and online counselling service for men. Give them a call if you identify as a man and are struggling with your mental health.

Phone: 1300 78 99 78

Online Support: mensline.org.au

[learn more](#)



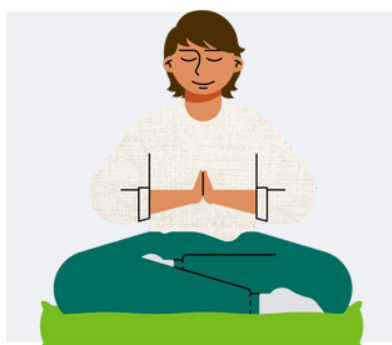
1800RESPECT

1800RESPECT is a 24/7 free phone and online support service for people impacted by domestic, family, or sexual violence. Give them a call if you or someone you know is struggling with domestic, family or sexual violence.

Phone: 1800 737 732

Online Support: 1800respect.org.au

[learn more](#)



Open Arms

Open Arms is a 24/7 online and phone crisis support service for Australian veterans. Give them a call if you or someone you know is a veteran, and is struggling with their mental health.

Phone: 1800 011 046

Online Support: www.openarms.gov.au

[learn more](#)

