

Emergency Contact List

Call 000 if your life or the life of another person is in danger

Lifeline

13 HELP (13 43 57) - Bushfire Recovery Crisis Support line
www.lifeline.org.au

Beyond Blue

1300 224 636 - 24/7 support
www.beyondblue.org.au

MensLine Australia

1300 789 978
or chat on the forum forum.mensline.org.au
mensline.org.au

GriefLine

1300 845 745 - 6am to midnight
griefline.org.au

Suicide Call Back Service

1300 659 467

Kids Helpline

1800 551 800 - counselling for young people aged 5 to 25, free, even from a mobile, confidential, 24/7
kidshelpline.com.au

Qlife

1800 184 527 - counselling daily 3pm to midnight for LGBTI people
qlife.org.au

Hop online:

www.headtohealth.gov.au

To find digital mental health services from Australia's most trusted mental health organisations

www.headspace.org.au

For young people aged 12 to 25 years

www.emergingminds.com.au

For advice and practical strategies to help you support small children

www.blackdoginstitute.org.au/bushfire-support

For emergency service workers and their loved ones

au.reachout.com/collections/natural-disasters

For resources to help coping during and after a disaster, including online forums for anonymous peer-based support

www.embracementalhealth.org.au

For mental health resources, services and information for people from culturally and linguistically diverse (CALD) backgrounds