

Support and counselling

beyondblue

1300 655 337

Learn more about anxiety, depression and suicide prevention, or talk through your concerns with our Support Service.

Lifeline

13 11 14

24-hour counselling, information and referral (local call cost from a landline; free from mobiles).

Mensline Australia

1300 789 978

24-hour support for men with family and relationship problems.

Suicide Call Back Service

1300 659 467

24-hour telephone counselling for those at risk of suicide, carers of someone who is suicidal and those bereaved by suicide.