

If you need immediate help call 000

ABORIGINAL SPECIFIC SERVICES

- **Yarn Safe by headspace:** visit headspace.org.au - provides free online and telephone support, including fortnightly yarn circles and lots of resources and information regarding mental health, relationships and substance abuse.
- **The National Aboriginal Community Controlled Health Organisation (NACCHO):** visit naccho.org.au - they're the national leadership body for Aboriginal and Torres Strait Islander health in Australia.
- **WellMob:** visit wellmob.org.au - online resources made by and for our mob such as websites, apps, podcasts, videos, helplines, social media, and online programs all with a focus on social and emotional wellbeing.
- **The Centre of Best Practice in Aboriginal and Torres Strait Islander Suicide Prevention (CBPATSISP):** visit cbpatsisp.com.au - they're Australia's leading authority on Indigenous suicide.
- **13Yarn:** call 13 92 76 (available 24/7) - a free support line with free, confidential crisis support 24/7 run by Aboriginal and Torres Strait Islander people.
- **Brother to brother:** call 1800 435 799 - a 24-hour crisis line for Aboriginal and Torres Strait Islander men of all ages, staffed by Aboriginal and Torres Strait Islander men, including Elders, to promote a culturally-safe service.
- **Head to Health:** visit headtohealth.gov.au - yarn to someone at the Aboriginal and/or Torres Strait Islander medical or health service, or on the phone with the 24-hour helpline and online chat services.