

If you need immediate help call 000

MENTAL HEALTH

- **13Yarn:** 13 92 76 (available 24/7).
- **Lifeline:** 13 11 14
- **Mensline Australia:** 1300 78 99 78 (available 24/7).
- **Kids Helpline:** 1800 55 1800 (available 24/7).
- **Headspace Australia:** visit headspace.org.au
- **Beyond Blue:** 1300 22 4636 (available 24/7).
- **Black Dog Institute:** visit blackdoginstitute.org.au
- **QLife (LGBTIQ+ support):** 1800 184 527 or visit qlife.org.au