


Name	About	Phone	Online
 <b>Askizzy</b> askizzy.org.au	<p>FIND THE HELP YOU NEED, NOW AND NEARBY.</p>	N/A	<a href="https://askizzy.org.au">https://askizzy.org.au</a>
<b>Kids Help Line</b>	<p>For anyone 25 or under - Kids Helpline is a free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.</p>	1800 55 1800 24/7	<p>Webchat 24/7  <a href="https://kidshelpline.com.au/get-help/webchat-counselling">https://kidshelpline.com.au/get-help/webchat-counselling</a> </p>
<b>Lifeline</b>	<p>For all ages - 24-hour crisis support telephone service. Lifeline provides 24/7 crisis support and suicide prevention services.</p>	<p>CALL: 13 11 14 24/7</p> <p>TEXT: 0477 131114 6:00PM - Midnight</p>	<p>Crisis Support Chat 7:00PM – Midnight  <a href="https://www.lifeline.org.au/get-help/online-services/crisis-chat">https://www.lifeline.org.au/get-help/online-services/crisis-chat</a> </p>
<b>Suicide Call Back Service</b>	<p>A nationwide service that provides 24/7 telephone and online counselling to people who are affected by suicide, experiencing thoughts of self-harm or suicide</p>	1300 659 467 24/7	<p>Online Chat 24/7 Video Chat 24/7  <a href="https://www.suicidecallbackservice.org.au/">https://www.suicidecallbackservice.org.au/</a> </p>
<b>Youth Beyond Blue</b>	<p>Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.</p>	1300 22 4636 24/7	<p>Chat Online 3:00PM - Midnight  <a href="https://www.youthbeyondblue.com/">https://www.youthbeyondblue.com/</a> </p>
<b>SANE Australia</b>	<p>SANE Australia supports people living with complex mental health issues and the people that care about them</p>	1800 187 263 10:00AM – 10:00PM	<p>Webchat 10:00 AM – 10:00 PM  <a href="https://www.sane.org/about-sane">https://www.sane.org/about-sane</a> </p>
<b>Headspace</b>	<p>eheadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends.</p>	N/A	<p>Group Chat 24/7 1 on 1 Chat 9AM - 1AM  <a href="https://headspace.org.au/eheadspace/">https://headspace.org.au/eheadspace/</a> </p>
<b>QLife</b> 	<p>QLife provides anonymous and free LGBTI peer support and referral for people wanting to talking about sexuality, identity, gender, bodies, feelings or relationships</p>	1800 184 527 3PM - Midnight	<p>Webchat 3PM – Midnight  <a href="https://www qlife.org.au/resources/chat">https://www qlife.org.au/resources/chat</a> </p>

<b>1800RESPECT</b> <b>1800RESPECT</b>	Confidential information, counselling and support service, open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse	1800 737 732 24/7 Interpreter: 13 14 50	Online Chat 24/7 <a href="https://chat.1800respect.org.au/#/welcome">https:// chat.1800respect.org.au/#/ welcome</a>
<b>Carers NSW</b> 	Carer Line offer emotional support, referrals and distribute carer specific resources and information to carers and community members	1800 242 636 9AM – 5PM Monday - Friday	<a href="http://www.carersnsw.org.au/how-we-help/support/carers-line/">http:// www.carersnsw.org.au/ how-we-help/support/ carers-line/</a>
<b>Mental Health Line</b> 	A mental health professional will answer your call about mental health concerns for you or someone you are concerned about	1800 011 511 24/7	<a href="https://www.health.nsw.gov.au/mentalhealth/Pages/Mental-Health-Line.aspx">https:// www.health.nsw.gov.au/ mentalhealth/Pages/ Mental-Health-Line.aspx</a>
	<b>Child Protection Helpline</b>	13 21 11	<a href="https://reporter.childstory.nsw.gov.au/s/mrg">https:// reporter.childstory.nsw.gov .au/s/mrg</a>
	<b>Acute Care Team</b> If you are experiencing a mental health crisis that is urgent or non-urgent, but not an emergency	St George 9553 2595 Sutherland 9540 7831 Randwick 9382 2497 8am-10:30pm	N/A
	<b>MensLine Australia</b> Counselling services offering support to men in Australia	1300 78 99 78 24/7	<a href="https://mensline.org.au/phone-and-online-counselling/mensline-australia-online-counselling/">https://mensline.org.au/ phone-and-online- counselling/mensline- australia-online-counselling/ 24/7</a>
	<b>Butterfly Foundation Helpline</b> Support for eating disorders and body image issues	1800 33 4673 8am-Midnight Closed public holidays	<a href="https://butterfly.org.au/get-support/chat-online/">https://butterfly.org.au/get- support/chat-online/ 8am-Midnight Closed public holidays</a>