

# Support is available

**If your life is in danger or you're concerned for your own or someone else's safety please call 000.**

If you're finding life tough or need some extra support, it can help to talk about how you're feeling with someone you trust.

You and your loved ones can find support by contacting your local doctor or one of these crisis lines:

## **Lifeline (24/7)**

13 11 14

[lifeline.org.au](http://lifeline.org.au)

## **MensLine (24/7)**

1300 78 99 78

[mensline.org.au](http://mensline.org.au)

## **Suicide Call Back Service (24/7)**

1300 659 467

[suicidecallbackservice.org.au](http://suicidecallbackservice.org.au)

## **1800RESPECT (24/7)**

1800 737 732

[1800respect.org.au](http://1800respect.org.au)

## **Beyond Blue (24/7)**

1300 224 636

[beyondblue.org.au](http://beyondblue.org.au)

## **QLife (3pm-midnight)**

Anonymous, free LGBTI support

1800 184 527

[qlife.org.au](http://qlife.org.au)

## **Kids Helpline**

**(24/7, for youth 5-25)**

1800 55 1800

[kidshelpline.com.au](http://kidshelpline.com.au)

## **Griefline (6am-midnight)**

1300 845 745

[griefline.org.au](http://griefline.org.au)

Family and friends can also call upon these services for advice and assistance on how to support someone who is struggling with life.

**View our directory of national helplines and services at [ruok.org.au/findhelp](http://ruok.org.au/findhelp)**

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