



We're here for you

If you are thinking about suicide or experiencing emotional distress, help is available.

Call 13 11 14
24/7 Crisis Support Line

OTHER LIFELINE SERVICES

Text: 0477 13 11 14 (24/7) Crisis Txt Line

Chat at: <http://www.lifeline.org.au/crisis-chat>

There is hope. We are here to listen.

