

# MENTAL HEALTH NATIONAL HELPLINES



IF YOU OR ANYONE YOU KNOW ARE EXPERIENCING FEELINGS OF DEPRESSION, ANXIETY, OR DISTRESS, PLEASE REACH OUT TO ONE OF THE FREE NATIONAL SERVICES BELOW. THESE ORGANISATIONS WILL LISTEN, PROVIDE ADVICE, AND POINT YOU IN THE RIGHT DIRECTION SO YOU CAN SEEK FURTHER SUPPORT.

**LIFELINE: 13 11 14** - 24 hours / 7 days a week

Lifeline provides an anonymous telephone counselling service for adults needing emotional support.

**KIDS HELPLINE: 1800 55 1800** - 24 hours / 7 days a week

Kids Helpline is a national support service specifically for youths aged between 5-25 years old. This service provides free, confidential counselling for young people in need.

**BEYOND BLUE: 1300 22 4636** - 24 hours / 7 days a week

Beyond Blue offers one on one confidential support with a trained mental health professional.

**MENSLINE: 1300 78 9978** - 24 hours / 7 days a week

Mensline is a service specifically for men needing emotional support. This is free and anonymous.

**EMERGENCY SERVICES: 000** - 24 hours / 7 days a week

If you or anyone you know is in danger or at risk of serious harm, please contact emergency services as soon as possible.

Please ask **ECHO Empowering Services** if you're not sure who to contact, or you need help to contact the services above.

**Visit: 11-15 Eacham Place, Malanda, or phone: 4096 6634**



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