

Sources of support

First and most importantly: Elders and family within community

Emergency services	000
Lifeline	13 11 14
13 YARN	13 92 76
Brother to Brother	1800 435 799 A 24-hour crisis line staffed by Aboriginal men, including Elders, with lived experience.
Beyond Blue	1300 224 636
Mental Health Triage Line	13 14 65
Kids Help Line	1800 55 1800
Indigenous Suicide Postvention Services	1800 805 801 Support for individuals, families, and communities affected by suicide or other significant trauma.
Suicide Callback Service	1300 659 467 Phone & online counselling for people at risk of suicide or bereaved by suicide.
Men's Line Australia	1300 789 978
Headspace	1800 650 890
Care Leavers Australasia Network	1800 008 774

Domestic and Family Violence Helpline **1800 671 458**

Reach Out

On the web: au.reachout.com

Black Dog Institute

On the web: blackdoginstitute.org.au