

## Helplines



beyondblue  
Depression. Anxiety

1300 224 636

24 hours a day  
seven days a week

online chat 4pm–10pm (AEST) seven days a week

### [youthbeyondblue Support Service](#)

Call or chat online with a trained mental health professional.

We'll be there to listen, offer support and point you in the right direction.



**Lifeline** Saving Lives

Crisis Support. Suicide Prevention.

**13 11 14**

For urgent assistance call Lifeline which is a 24-hour telephone counselling service.



**KidsHelpline**

1800 55 1800

[Click to start a live WebChat](#)

FOR KIDS (5-12)

FOR TEENS (13-25)

Free, confidential counselling and support.  
24 hours a day, seven days a week,  
for ages 5-25. FREECALL 1800 55 1800.

A free, private and confidential telephone and online counselling service specifically for young people between five and 25.

**Free even from mobiles!**



A confidential telephone service providing professional counselling and support for parents and carers of children in Queensland and the Northern Territory.

Call Parentline on 1300 30 1300, from 8am to 10pm, seven days a week for the cost of a local call.

SUICIDE  
CALL BACK  
SERVICE

**1300 659 467**

Twenty-four hours a day  
seven days a week

SUICIDE  
CALL BACK  
SERVICE  
free counselling

Suicide Call Back Service provides free phone, video & online counselling for anyone affected by suicide. Get immediate help now by selecting one of our counselling services.

*Relationships Australia*

QUEENSLAND

A leading provider of relationship support services for individuals, families and communities. We aim to support all people in Australia to achieve positive and respectful relationships.

**1 300 364 277** Mon-Fri 8am-8pm / Sat 10am-4pm

Talk it over  
**Mens  
Line**  
AUSTRALIA

**1300 78 99 78**  
24 HOURS / 7 DAYS

MensLine Australia is a professional telephone and online support and information service for Australian men 24/7

Support for Australian men anywhere, any time