

24/7 Mental Health Services

Emergency

Call 000 if a life is in danger

Kids Helpline

Free and confidential counselling, support and information for 5 to 25 year olds.

📞 1800 55 1800
🖱️ www.kidshelpline.com.au

Suicide Call Back Service

Anyone thinking about suicide.

📞 1300 659 467
🖱️ www.suicidecallbackservice.org.au

Lifeline

Anyone having a personal crisis or thoughts of suicide.

📞 13 11 14
🖱️ www.lifeline.org.au

Beyond Blue

Anyone feeling anxious or depressed.

📞 1300 224 636
🖱️ www.beyondblue.org.au

National Domestic Family and Sexual Violence Counselling Service

Supports people impacted by domestic, family or sexual violence.

📞 1800 737 732
🖱️ www.1800respect.org.au

MensLine Australia

Support for Australian men anywhere, anytime.

📞 1300 78 99 78
🖱️ www.mensline.org.au

13Yarn

Crisis support for Aboriginal and Torres Strait Islander people.

📞 13 92 76
🖱️ www.13yarn.org.au

Open Arms

Counselling for anyone who has served in the ADF, their partners and families.

📞 1800 011 046
🖱️ www.openarms.gov.au

Additional Services

QLife

For anyone who wants to talk about sexuality, gender, bodies, feelings or relationships.

📞 1800 184 527
🖱️ www.qlife.org.au

PANDA

Anyone affected by anxiety and depression during pregnancy and in the first year of parenthood.

📞 1300 726 306
🖱️ www.panda.org.au

Butterfly Foundation

Anyone concerned about eating disorders or body image issues.

📞 1800 33 4673
🖱️ www.butterfly.org.au

gotcha4life.org

Gotcha4Life Foundation | Last updated: May 2024



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HELP someone you care about

When you are worried about someone you care about, it's natural to want to help them. Sometimes it can be hard to know what the 'best' thing to say and do is.

There are things you can say and do to help someone you care about to feel better:



STEP 1 - ASK

Ask if they're OK. You might feel awkward or uncomfortable talking about your concerns - but starting a conversation can help them to feel they're not alone.



STEP 2 - LISTEN

Give them space to talk and really listen to how they're feeling.



STEP 3 - OFFER SUPPORT

Someone who is struggling can benefit from emotional and practical support.



STEP 4 - ENCOURAGE ACTION

Asking, listening and offering support creates an opportunity to encourage someone to take action to feel better, or seek help if needed.



STEP 5 - CHECK-IN

Genuine care from someone who stays in touch can make a real difference to a person who is struggling.



Find more guidance on these steps in our Mental Fitness Gym

If someone is having a personal crisis, or thoughts of suicide contact LifeLine on 13 11 14. If a life is in danger, call 000.



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