

# CRISIS SUPPORT INFO

The following services provide support and education for people in crisis and their families and carers.

**Dial 000 in an emergency.**

**Click a link to visit the respective website.**

## 24/7 Crisis Lines (all ages)

**Mental Health Access Line** 1300 642 255  
[bit.ly/MH-AccessLine](http://bit.ly/MH-AccessLine)

**Lifeline** 13 11 14 (Text Service: 0477 131 114)  
[bit.ly/Lifeline-Crisis](http://bit.ly/Lifeline-Crisis)

**Suicide Call Back Service** 1300 659 467  
[bit.ly/Suicide-CallBack](http://bit.ly/Suicide-CallBack)

**Beyond Blue** 1300 224 636  
[bit.ly/BeyondBlue-Support](http://bit.ly/BeyondBlue-Support)

**MensLine Australia** 1300 789 978  
[bit.ly/MensLine-AU](http://bit.ly/MensLine-AU)

**Kids Helpline** 1800 551 800  
[bit.ly/Kids-Helpline](http://bit.ly/Kids-Helpline)

**1800 RESPECT** 1800 737 732  
[bit.ly/1800-RESPECT](http://bit.ly/1800-RESPECT)

**Queensland Health** 13 HEALTH (13 432584)  
[bit.ly/13-HEALTH](http://bit.ly/13-HEALTH)

## Children & Young People Supports

**Headspace** 1800 650 890  
[bit.ly/Headspace-Org](http://bit.ly/Headspace-Org)

**Beyond Blue (Youth)** 1300 224 636  
[bit.ly/BeyondBlue-Youth](http://bit.ly/BeyondBlue-Youth)

**QLD Health Children's Health** (07) 3068 2555  
[bit.ly/QLD-ChildrensHealth](http://bit.ly/QLD-ChildrensHealth)

## Online / Phone Supports

**SANE Australia** 1800 187 26  
[bit.ly/SANE-AU](http://bit.ly/SANE-AU)

**Suicide Call Back Service Online Chat Service**  
[bit.ly/Suicide-CallBack-Online](http://bit.ly/Suicide-CallBack-Online)

**Beyond Blue Online Chat Service**  
[bit.ly/BeyondBlue-Online](http://bit.ly/BeyondBlue-Online)

**Headspace (eHeadspace) Online Supports**  
[bit.ly/Headspace-Online](http://bit.ly/Headspace-Online)

**Grow (eGrow) Online Mental Health Groups**  
[bit.ly/eGROW-Org](http://bit.ly/eGROW-Org)

**Grief Line** 1300 845 745  
[bit.ly/Grief-Line](http://bit.ly/Grief-Line)

**BlueKnot Complex Trauma Support** 1800 421 468  
[bit.ly/BLUEKNOT](http://bit.ly/BLUEKNOT)

## LGBTQIA+ Support

**QLIFE** 1800 184 527  
[bit.ly/Q-LIFE](http://bit.ly/Q-LIFE)

**REACHOUT Online Chat & Support Services**  
[bit.ly/REACH-OUT](http://bit.ly/REACH-OUT)

**QLD Police Liaison Program**  
[bit.ly/QLD-Police-Liaison](http://bit.ly/QLD-Police-Liaison)

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Continued...

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## Carers Support

**Carer Gateway Counselling** 1800 422 737  
[bit.ly/Carer-Gateway](http://bit.ly/Carer-Gateway)

**Parentline** 1300 301 300  
[bit.ly/Parent-Line](http://bit.ly/Parent-Line)

## Domestic Violence Support

**QLD Police** (Reporting DV) 000  
[bit.ly/QLD-Police-DV](http://bit.ly/QLD-Police-DV)

**1800 RESPECT** 1800 737 732  
[bit.ly/1800-RESPECT](http://bit.ly/1800-RESPECT)

**MensLine Australia** 1300 789 978  
[bit.ly/MensLine-AU](http://bit.ly/MensLine-AU)

**DV Connect** (Women's Line) 1800 811 811  
[bit.ly/DV-Connect-Women](http://bit.ly/DV-Connect-Women)

**DV Connect** (Men's Line) 1800 600 636  
[bit.ly/DV-Connect-Men](http://bit.ly/DV-Connect-Men)

**Elder Abuse Prevention Unit** 1300 651 192  
[bit.ly/Elder-Abuse-PU](http://bit.ly/Elder-Abuse-PU)

## Eating Disorders Support

**Butterfly Foundation** 1800 334 673  
[bit.ly/ButterflyFoundation-Org](http://bit.ly/ButterflyFoundation-Org)

**Eating Disorders Queensland** (07) 3844 6055  
[bit.ly/Eating-DisordersQLD](http://bit.ly/Eating-DisordersQLD)

## Perinatal Support

**PANDA National** 1300 726 306  
[bit.ly/PANDA-National](http://bit.ly/PANDA-National)

## Alcohol & Drugs Support

**Counselling Online** 1800 888 236  
[bit.ly/CounsellingOnline-Org](http://bit.ly/CounsellingOnline-Org)

**QUITLINE** 13 QUIT (13 78 48)  
[bit.ly/QUITLINE](http://bit.ly/QUITLINE)

**QLD Health** Drug & Alcohol Services  
[bit.ly/QLDHealth-DA](http://bit.ly/QLDHealth-DA)

## Sexual Assault Support

**QLD Police** (Reporting assault) 000  
[bit.ly/QLD-Police-SexualAssault](http://bit.ly/QLD-Police-SexualAssault)

**DV Connect** (Assault Helpline) 1800 010 120  
[bit.ly/DV-Connect-Assault](http://bit.ly/DV-Connect-Assault)

**Bravehearts** 1800 272 831  
[bit.ly/Bravehearts-Org](http://bit.ly/Bravehearts-Org)

## Veterans Support

**Open Arms** Veterans Support 1800 011 046  
[bit.ly/Open-Arms-Support](http://bit.ly/Open-Arms-Support)