



National Crisis Numbers

With October being Mental Health Month, IDEAS thought we would take some time out to put together a list of crisis support numbers.

National

Suicide Call Back Service	1300 659 467	24/7
Kids Helpline (5-25yrs)	1800 551 800	24/7
Lifeline	13 11 14	24/7 Crisis Support Chat
Mens Line	1300 789 978	24/7
Salvation Army Crisis Line	1300 363 622	24/7
Twenty 10 (GLBT)	1800 652 010	9:30am - 6:00pm Mon - Fri
Blue Knot Helpline (Adults Surviving Child Abuse)	1300 657 380	9:00am - 6:00pm Mon - Fri
Veterans Line	1800 011 046	24/7
SANE Information Line	1800 187 263	24/7

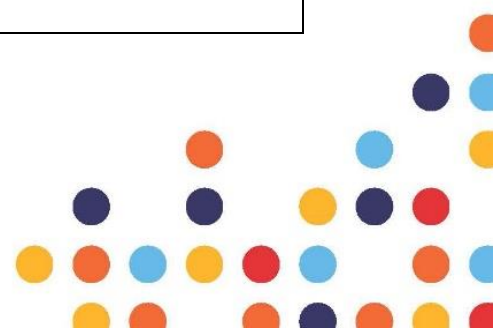
Samaritans Crisis Line	135 247	24/7
Beyond Blue	1300 224 636	24/7 Beyond Blue
1800RESPECT	1800 737 732	24/7

VIC

Mental Health Advice Line	1300 606 024	
Salvation Army Crisis Centre	1800 627 727 / 03 9536 7777	
Opening Doors	1800 825 955	
Safe Steps	1800 015 188	24/7
SuicideLine	1300 651 251	24/7

QLD

Mental Health Access Line	1800 642 255	24/7
Salvation Army QLD	1300 36 36 22 or 07 3831 9016 (Crisis Counselling)	
Homeless Hotline	1800 47 47 53	24/7
Domestic Violence	1800 811 811	24/7
Salvation Army Crisis Line (Queensland)	07 3831 9016	24/7



Mental Health Emergency Response Line - Metro	1300 555 788	24/7
Mental Health Emergency Response Line - Peel	1800 676 822	24/7
Salvo Care Line	08 9442 5777	24/7
Women's Domestic Violence	08 9223 1188	24/7

SA

Mental Health Emergency	13 14 65	24/7
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TAS

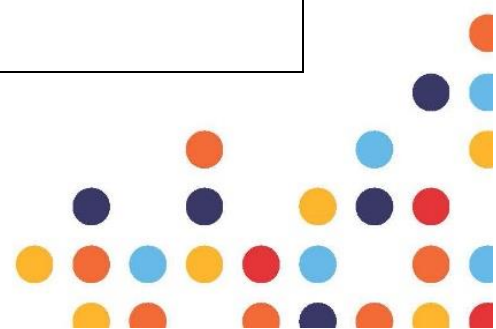
Mental Health Helpline	1800 332 388	24/7
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NT

Mental Health Hotline	1800 332 388	24/7
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ACT

Mental Health Crisis Team	1800 629 354 or 02 6205 1065	24/7
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NSW

Mental Health Line	1800 011 511	24/7
Salvation Army Crisis Line (Sydney)	02 8736 3295	24/7

IDEAS does information so you can do life. We are a non-profit disability information provider. We provide information that is free, accurate and independent. Always. Connect with us today. Free call 1800 029 904 Text 0458 296 602 Email info@ideas.org.au

