

# Emergency and mental health crisis numbers

All numbers listed below are available 24/7 and are free or the cost of a local call (some charges may apply to mobile users).

## Emergency situation

In an emergency situation, call triple zero (000).

If someone has attempted or is at immediate risk of attempting to harm themselves or someone else, call triple zero (000) immediately.

## Acute mental health situation

Queensland Health now has a phone line, 13 MH CALL (1300 642 255), for all Queenslanders, to help take the worry out of health concerns. You can phone 24 hours a day, 7 days a week for the cost of a local call.

Qualified staff will give you advice on who to talk to and how quickly you should do it. The advice is confidential, qualified, and supportive. 13 MH CALL (1300 642 255) can ease your concerns.

## Crisis telephone counselling services

### Lifeline 13 11 14

Anyone across Australia experiencing a personal crisis or thinking about suicide can contact Lifeline for support.

### Kids Helpline 1800 551 800

Kids Helpline provides specialised help for young people aged 5 to 25 years and is staffed by professional counsellors.

### Suicide Call Back Service 1300 659 467

The Suicide Call Back Service provides crisis counselling to people at risk of suicide, carers for someone who is suicidal, and those bereaved by suicide. People who are not linked in with current professional support can also access up to six sessions of ongoing counselling with the same counsellor at scheduled times.

### MensLine Australia 1300 78 99 78

For men of any age who would like support, information, or referral to assist them to deal with relationship problems in a practical and effective way.

### National Sexual Assault, Domestic Family Violence Counselling Service 1800 RESPECT (1800 737 732)

Open 24 hours to support people impacted by sexual assault, domestic or family violence, and abuse.

