

# 24 / 7 Telephone Support

**IF LIFE IS IN IMMINENT DANGER, PLEASE CALL 000 NOW**

<b>Lifeline</b>  13 11 14 <a href="http://www.lifeline.org.au">www.lifeline.org.au</a>	A telephone and online crisis support and suicide prevention service. Online chat available 7pm – Midnight AEST.
<b>Suicide Call Back Service</b>  1300 659 467 <a href="http://www.suicidecallbackservice.org.au">www.suicidecallbackservice.org.au</a>	A nationwide service that provides professional 24/7 telephone and online counselling to people who are affected by suicide.
<b>NSW Mental Health Access Line</b>  1800 011 511	An information and referral service for anyone seeking help for themselves or others experiencing mental health problems.
<b>Kids Helpline</b>  1800 551 800 <a href="http://www.kidshelpline.com.au">www.kidshelpline.com.au</a>	Provides telephone and online counselling specifically for young people aged 5 - 25.
<b>MensLine Australia</b>  1300 789 978 <a href="http://www.mensline.org.au">www.mensline.org.au</a>	Provides telephone and online counselling for men who are having relationship or family problems.
<b>1800RESPECT</b>  1800 737 732 <a href="http://www.1800respect.org.au">www.1800respect.org.au</a>	National sexual assault, domestic and family violence counselling service.
<b>Beyondblue</b>  1300 22 4636 <a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a>	Support and information on anxiety, depression and suicide. Chat online from 3pm – 12am.



## OTHER TELEPHONE SUPPORTS

<p><b>SANE Australia</b></p> <p>1800 187 263 www.sane.org</p>	<p>Supporting the mental health of Australians affected by complex mental illness. SANE's work includes mental health awareness, online peer support and information, stigma reduction, specialist helpline support, research and advocacy.</p>
<p><b>Wellways Helpline</b></p> <p>1300 111 500 www.wellways.org</p>	<p>Information, support and referral service that provides information to people experiencing mental health issues, as well as their family, friends and carers. Volunteer phone services staffed by people who have been there. Nationwide service, operating Monday – Friday, 9am-9pm (EST, excluding public holidays).</p>
<p><b>eheadspace</b></p> <p>www.eheadspace.org.au</p>	<p>Provides online and telephone support and counselling to young people 12-25 and their families and friends.</p>
<p><b>QLife</b></p> <p>1800 184 527 www qlife.org.au</p>	<p>Support for LGBTI people and their families.</p>

## SOUTH WESTERN SYDNEY PUBLIC HOSPITALS

<p><b>Bankstown – Lidcombe</b> 9722 8000 Eldridge Road, Bankstown NSW 2200</p>	<p><b>Bowral &amp; District Hospitals</b> 4861 0200 97-103 Bowral Street, Bowral NSW 2576</p>
<p><b>Camden</b> 4634 3000 Menangle Road, Camden NSW 2570</p>	<p><b>Campbelltown</b> 4634 3000 Therry Road, Campbelltown NSW 2560</p>
<p><b>Fairfield</b> 9616 8111 Corner of Polding Street and Prairievale Rd, Prairiewood NSW 2176</p>	<p><b>Liverpool</b> 8738 3000 Corner of Elizabeth and Goulburn Streets, Liverpool NSW 2170</p>

