



Emergency & mental health crisis numbers NSW

EMERGENCY SITUATION



Call 000 immediately if someone has attempted, or is at immediate risk of attempting to harm themselves or someone else.

ACUTE MENTAL HEALTH SITUATIONS



1800 011 511

The **NSW Mental Health Line** is a state-wide telephone number which puts you in touch with your local mental health service. Staffed by mental health professionals, the line gives NSW residents access to expert mental health advice, support and referrals for people dealing with a mental health problem and their families and carers.

CRISIS TELEPHONE COUNSELING 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

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.

Sexual assault, family and domestic violence Line 1800 424 017 For anyone in Australia who has experienced or is at risk of sexual assault, family or domestic violence and their non-offending supporters.

