

After Hours Counselling Supports

- 1) Lifeline Telephone counselling 24 hours per day every day. Online counselling (7pm – Midnight) everyday.**
Tel: 13 11 14 <https://www.lifeline.org.au/get-help/online-services/crisis-chat>
- 2) eHeadspace Online and telephone counselling 9am-1am every day.**
Tel: 1800 650 890 <https://www.eheadspace.org.au/>
- 3) KidsHelpline Telephone and webchat counselling 24 hours per day every day.**
Tel: 1800 551 800 <https://kidshelpline.com.au/>
- 4) StandBy Telephone and face to face counselling following a suicide 24 hours per day every day.**
Tel: 1800 551 800 / 0407 490 005 <https://standbysupport.com.au/>
- 5) Suicide Callback Service Telephone and online counselling 24 hours per day every day.**
Tel: 1800 551 800 <https://www.suicidecallbackservice.org.au/>
- 6) Parentline Telephone support for parents who are concerned about a young person. 8am – 10pm every day.**
Tel: 1300 301 300 <https://parentline.com.au/>
- 7) Youth Beyond Blue Telephone and online support for parents and young people 24/7.**
Tel: 1300 224 636 <https://www.beyondblue.org.au/get-support>
- 8) Men's HelpLine Telephone and online support 24/7.**
Tel: 1300 789 978 <https://mensline.org.au/phone-and-online-counselling/>

Please keep this list handy in a safe place