

## Free support services

- **NSW Mental Health Line:** Call 1800 011 511
- **13 Yarn:** Call 13 92 7
- **Lifeline:** Call 13 11 14, text 0477 13 11 14 or chat online
- **Kids Helpline:** Call 1800 55 1800 or chat online
- **headspace:** 1800 650 890
- **Beyond Blue:** Call 1300 22 4636 or chat online
- **Suicide Call Back Service:** 1300 659 467
- **MensLine Australia:** Call 1300 78 99 78
- **Medicare Mental Health phone line:** 1800 595 212
- If you or someone you know is in immediate danger, call Triple Zero (000)

## Suicide Bereavement Support Services (Postvention)

- **Thirrili:** Call 1800 805 801
- **StandBy:** Call 1300 727 247

## Safe Havens (Alternatives to ED)

- Safe Haven in Kogarah
- Safe Haven in Darlinghurst
- Safe Haven in Newtown
- For Children and Young People: Safe Haven Randwick

## Suicide Aftercare Support

- The Way Back NSW: Referrals can be made by Safe Havens or any LHD hospital in the region

## Services for Young People

- headspace services in Bondi Junction, Miranda, Hurstville, Ashfield and Camperdown
- Safe Haven Randwick

## Aboriginal specific support services

- Babana Aboriginal Men's Group (monthly yarning circle), email [success@babana.org.au](mailto:success@babana.org.au)
- Thirrili: Call 1800 805 801
- 13 Yarn: Call 13 92 76

## Psychological Support Services

- GP [referral](#) required for PSS