

support over the holidays



some support options for you or a loved one over the holiday period



Kids Helpline

A free, confidential 24/7 online and phone counselling service for young people aged 5-25.

Call 1800 55 1800, or visit www.kidshelpline.com.au



Lifeline

Lifeline provides free 24/7 crisis support and suicide prevention services for people of all ages.

Call 13 11 14, or visit www.lifeline.org.au



Suicide Call Back Service

Offers free professional 24/7 phone and online counselling support to people affected by suicide aged 15+

Call 1300 659 467, or visit www.suicidecallbackservice.org.au



13 Yarn

Provides free 24/7 crisis support for Aboriginal and Torres Strait Islander people of all ages.

Call 13 92 76, or visit www.13yarn.org.au



Mental Health Line

NSW Health's free 24/7 statewide phone service which links people with NSW Health mental health services.

Call 1800 011 511



Safe Haven - Ryde

A place to chat with qualified peer support workers & mental health professionals if you are feeling distressed or having suicidal thoughts. Located at Macquarie Hospital, Building 72, 59 Wicks Road, North Ryde 2113, open Monday to Sunday from 4pm-8pm

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Northern Sydney
Local Health District



Youth Response Team - YRT

YRT provides mental health assessment and crisis support for young people aged 12-17 experiencing suicidal distress within the community. YRT engages with young people in a space that best suits them. To access call the Mental Health Line - 1800 011 511



ReachOut

Provides free anonymous 1:1 peer support to young people aged 16-25 online from 3-8pm Monday-Thursdays & 11:30am-4:30pm Fridays. Visit <https://au.reachout.com/>



ehheadspace online & phone support

ehheadspace provides online mental health support for young people aged 12-25 from 3-10pm. Call 1800 650 890, or visit www.headspace.org.au/ehheadspace



Beyond Blue

Provides free, 24/7 confidential counselling services to people of all ages looking for help with their mental health. Call 1300 22 4636, or visit www.beyondblue.org.au

QLife

Provides free and anonymous peer-support and referral service run by LGBTIQA+SB people for LGBTIQA+SB people of all ages from 3-9pm. Call 1800 184 527 or visit <https://qlife.org.au>



1800 RESPECT

1800RESPECT is available for free, 24/7 to support people of all ages impacted by domestic, family or sexual violence. Call 1800 737 732, text 0458 737 732, chat online or visit <https://1800respect.org.au/>