

Support over the holidays



Here are a few different 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. Call 13 11 14, or visit www.lifeline.org.au.



Suicide Call Back Service

Offers free professional 24/7 telephone and online counselling support to people affected by suicide. Call 1300 659 467, or visit www.suicidecallbackservice.org.au.



Beyond Blue

Provides free, confidential counselling services to anyone looking for help with their mental health. Call 1300 224 636, or visit www.beyondblue.org.au



Mental Health Access 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- North 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.



Safe Haven- Northern Beaches

A place to chat with qualified peer support workers & mental health professionals if you are feeling distressed or having suicidal thoughts. Located at Brookvale Community Health Centre, 612-624 Pittwater Rd Brookvale , Monday to Sunday 4pm-8pm.



Northern Sydney
Local Health District

Youth Response Team- YRT

YRT provides mental health assessment and crisis support for young people 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.



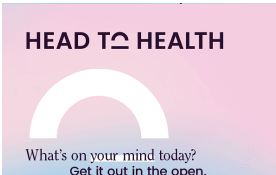
13 Yarn

Provides free 24/7 crisis support for Aboriginal & Torres Strait Islander young people. Call 13 92 76, or visit www.13yarn.org.au.



ehespace

ehespace provides online and telephone mental health support for young people aged 12-25. Call 1800 650 890, or visit www.headspace.org.au/ehespace.



Head to Health

Helps young people and their families find mental health and wellbeing resources for yourself, or for someone you care about. Call 1800 595 212, or visit www.headtohealth.gov.au.



QLife

QLife provides anonymous and free LGBTIQ+ peer support and referral for people in Australia wanting to talk about sexuality, gender, bodies, feelings or relationships. Call 1800 184527 or visit <https://qlife.org.au>.