



Suicide and Self Harm Counselling Services

Dealing with anything to do with suicide or related feelings and thoughts can be extremely upsetting and stressful. If you are yourself feeling suicidal or having thoughts about suicide, if you find yourself making plans to take your own life it is **VERY IMPORTANT** to let someone know how you are feeling and thinking. There are many options available to find appropriate help in dealing with such distressing thoughts and feelings.

National counselling services

Suicide Call Back Service

- 1300 659 467 Professional call back service referral line
- operates seven days a week
- **[Suicide call back service website](#)**

Lifeline

- 13 11 14
- Trained counsellors available 24 hours a day
- **[Lifeline website](#)**

Kids Help Line

- 1800 55 1800
- 24 hour professional phone and online counselling service
- For anyone 25 years or younger
- **[Kids Help Line website](#)**

The Salvation Army Hope Line

- 1300 467 354
- 24 hour phone counselling and bereavement support
- **[The Salvation Army Hope Line website](#)**

Mensline Australia

- 1300 789 978
- 24 hour professional phone counselling and referral service for men
- **[Mensline Australia website](#)**

Veterans Line

- 1800 011 046

- After hour counselling
- For veterans and their family
- **Website**

SANE Helpline

- 1800 18 SANE (1800 18 7263)
- Information and advice Monday to Friday 9 am to 5 pm EST
- **SANE Australia website**

Beyond-blue

- 1300 22 4636
- **Beyondblue website**

Other useful websites

- **Australian Centre for Grief and Bereavement**
- **Depression Services**
- **Metanoia**
- **Mindhealthconnect**
- **Grieflink**
- **Headspace**
- **Helpguide.org**
- **Life in Mind Australia** (crisis support and information)
- **Hope for Life**
- **Mindhealthconnect**
- **Reach Out!**
- **Soften the fck up - website for men**
- **St James Ethic Centre** - offers a free ethics counselling service.
- **Suicide Prevention Australia**
- **Support After Suicide** (for those who know someone who has committed suicide)

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<https://student.unsw.edu.au/suicide-and-self-harm>