Urgent Mental Health Help and Support

We Can Help!
If your life or somebody else’s life is at risk, please ring 000

Urgent Help or Support

Out of hours, UNSW Mental Health Support Line-5pm-9am, 1300 787 026

Not in Australia? Call: +61 (2) 89050307, Medibank 24/7 Health and Support Line from overseas any time of day

24/7 Help

Triple Zero (000)
If you or someone you are with is in immediate danger please call 000, or go to your nearest hospital emergency department immediately.

LifeLine
Crisis support and suicide prevention, 24/7. Call 13 11 14 now.

Mental Health Line
If you or someone you know needs help, the Mental Health Line offers professional help and advice, and referrals to local mental health services.