

I NEED HELP TO KEEP SAFE Lifeline

Macarthur and Western Sydney

If someone hands you this card they need your support.
Please follow the instructions below and contact the
numbers on the back if required.

For support call Lifeline on 13 11 14 or
if life is in danger call 000

1. ASK: Are you
thinking about
suicide?

2. LISTEN: Let's
talk about this.
I am listening.

3. KEEPSAFE: We
need extra help
to support you.

NSW Mental Health Line 1800 011 511

24 hour direct link to Mental Health Services throughout NSW

Lifeline - 24 hour Telephone Crisis Support 13 11 14

24 hour hour text 0477 13 11 14

24 hour online chat www.lifeline.org.au

headspace - <https://headspace.org.au>

National Youth Mental Health Foundation for 12-25 year olds

13YARN - 24 hour Telephone Crisis Support 13 92 76

Suicide Call Back Service 1300 659 467 suicidecallbackservice.org.au

Provides free nationwide professional telephone counselling
and online support for anyone affected by suicide

In an emergency call 000 Initiative proudly supported by South Western Sydney PHN