AfterBAGS

Support Services

For life threatening emergencies, do not delay, and call 000.

National Mental Health Services and Crisis Support

Beyond Blue (24/7)
1300 224 636 | www.beyondblue.org.au

Black Dog Institute
www.blackdoginstitute.org.au

Butterfly Foundation
1800 334 673 | www.butterfly.org.au

Lifeline (24/7)
13 11 14 | www.lifeline.org.au

MensLine Australia (24/7)
1300 789 978 | www.mensline.org.au

Standby Support After Suicide (24/7)
1300 727 247 | www.standbysupport.com.au

Suicide Call Back Service (24/7)
1300 659 467 | www.suicidecallbackservice.org.au

Youth Support

headspace
1800 650 890 | www.headspace.org.au

Kids Helpline (24/7)
1800 551 800 | www.kidshelpline.com.au

Reachout Australia
au.reachout.com

Defence and Veterans

ADF All-Hours Support Line (ASL)
1800 650 890 | www.headspace.org.au

Open Arms Veterans and Families
1800 011 046 | www.openarms.gov.au

For online access to this list of support services, scan the QR code.

Suicide Bereavement and Postvention Support

Grief Australia
1800 642 066 | www.grief.org.au

GriefLine
1300 845 745 | www.griefline.org.au

The Compassionate Friends of Victoria
03 9888 4034 | www.compassionatefriendsvictoria.org.au

Grief Line (24/7)1300 064 068

Priority Populations

Aboriginal and Torres Strait Islanders

13 YARN
13 92 76 | www.13yarn.org.au

The Healing Foundation
(02) 6272 7500 | www.healingfoundation.org.au

LGBTIQA+

QLife
1800 184 527 | www.qlife.org.au

Switchboard Australia
1800 184 527 | www.switchboard.org.au

Support After Suicide Hub (SASH)
1800 943 415 | www.sash.org.au

Culturally and Linguistically Diverse

Embrace Mental Health
(02) 6285 3100 | www.embracementalhealth.org.au

Other Resources

Head to Health
www.headtohealth.gov.au

Life in Mind Suicide Prevention
www.lifeinmind.org.au