

SAFETY CARD - YOUNG PEOPLE

If you think your life could be in danger **call “000” now.**

If you think you may hurt yourself, talk to a trusted adult NOW.

- Ask someone to sit with you or find somewhere safe.
- See your school counsellor.
- Phone (or get a parent/caregiver to phone) your doctor or counsellor as soon as possible. Tell them it is urgent but be prepared to wait.

Hearing impaired? **Use the National Relay Service.**
No or limited English? **131 450**

Lifeline

 13 11 14

Chat

 [lifeline.org.au](https://www.lifeline.org.au)

SMS/text

 0477 13 11 14

13YARN

 13 92 76

Kids Helpline (5-25yrs)

 1800 55 1800


Chat

 [kidshelpline.com.au](https://www.kidshelpline.com.au)

Suicide Call Back Service (15yrs+)

 1300 659 467

Chat

 [suicidecallbackservice.org.au](https://www.suicidecallbackservice.org.au)

Services are available all the time, 24/7.

For mental health support, see your GP or mental health professional, or go to Head to Health at [headtohealth.gov.au](https://www.headtohealth.gov.au)