




SAFETY CARD - YOUNG PEOPLE

Lifeline

Chat
SMS/text



 13 11 14
 lifeline.org.au
 0477 13 11 14

13YARN

 13 92 76



Kids Helpline (5-25 years)

Chat

 1800 55 1800
 kidshelpline.com.au

Suicide Call Back Service (15yrs+)

Chat

 1300 659 467
 suicidecallbackservice.org.au

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**

For mental health support, see your GP or mental health professional, or go toHead to health at **headtohealth.gov.au**