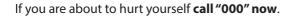


SAFETY CARD

0.0



If you are thinking you may hurt yourself TALK TO SOMEONE NOW.

- Ask someone to sit with you or find somewhere safe.
- Go to a hospital emergency department.
- Make an appointment with your GP or mental health professional 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?		
Beyond Blue Support Service	¢.	1300 22 4636
Chat*, email, forums	www.	beyondblue.org.au
Suicide Call Back Service	¢	1300 659 467
Chat*, video chat	www.	suicide call backservice.org.au
Lifeline	C	13 11 14
Chat*	www.	lifeline.org.au
SMS/text*	C.	0477 13 11 14
The Samaritans	¢,	135 247
Mensline	¢.	1300 78 99 78
Chat, video chat	www.	mensline.org.au
SANE Australia Forums	www.	sane.org

* Services that are NOT available 24/7

Not ready to talk? For online tools and mental health programs go to headtohealth.gov.au

