



Contacts for crisis support

For crisis support:

At the first instance call emergency 000 or if it is safe to do so, visit your nearest hospital emergency.

You may also contact:

Lifeline

Phone: 13 11 14

www.lifeline.org.au

Crisis Assessment and Treatment Team – CATT

Phone: 1300 721 927

[CATT website](#)

Suicide Call Back Service

Phone: 1300 659 467

www.suicidecallbackservice.org.au

Kids Helpline

Phone: 1800 55 1800

www.kidshelpline.com.au

Beyond Blue

Phone: 1300 22 46 36

www.beyondblue.org.au