

## HELP WITH COUNSELING AND CRISIS SITUATIONS.

- Emergency Assistance (triple zero) 000
- Beyond Blue 1300 224 636
- Lifeline 13 11 14 24/7
- Suicide Call Back Service 1300 659 467
- NSW Mental Health Access Line 1800 011 511
- QLife 1800 043 470
- 1800Respect
- Covid & Pride Counseling [www.acon.org.au](http://www.acon.org.au)