



Help-Seeking Information for Stories about Suicide

People who are vulnerable can be adversely affected by stories about suicide. Adding help-seeking information provides options for immediate crisis support.

Priority 1 National 24/7 Crisis Services

- Lifeline 13 11 14
- Suicide Call Back Service 1300 659 467
- Kids Helpline 1800 55 1800
- MensLine Australia 1300 78 99 78
- *beyondblue* 1300 22 4636

- ✓ Add two crisis services to any story about suicide.
- ✓ Match service information to the story (e.g. age, gender, background).
- ✓ Provide direct links to services in online content.

Priority 2 National Support Services

General support:

beyondblue support service phone 1300 22 4636 or email or chat online at www.beyondblue.org.au

Lifeline www.lifeline.org.au/Get-Help/

Suicide Call Back Service www.suicidecallbackservice.org.au

SANE Australia Helpline 1800 18 SANE (7263) www.sane.org

Young people:

Kids Helpline www.kidshelp.com.au

headspace www.headspace.org.au

ReachOut.com www.reachout.com

Aboriginal and Torres Strait Islander peoples:

Social and Emotional Wellbeing and Mental Health Services
www.sewbmh.org.au

Culturally and linguistically diverse background:

Mental Health in Multicultural Australia www.mhima.org.au

LGBTI, other sexuality, sex and gender diverse people:

MindOUT! www.lgbthealth.org.au/mindout

QLife line 1800 184 527

Veterans:

Veterans and Veterans Families Counselling Service 1800 011 046



Help-Seeking Information for Stories about Mental Illness

People who are vulnerable can be adversely affected by stories about mental illness. Adding help-seeking information provides options for immediate support and information.

Priority 1

National 24/7 Crisis Services

- Lifeline 13 11 14
- Kids Helpline 1800 55 1800
- MensLine Australia 1300 78 99 78
- *beyondblue* 1300 22 4636

- ✓ Add one crisis service to any story about mental illness.
- ✓ Match service information to the story (e.g. age, gender, illness).
- ✓ Provide direct links to services in online content.

Priority 2

National Mental Health Services

General support:

Add 'Talk to a GP or health professional'

SANE Australia Helpline 1800 18 SANE (7263) www.sane.org

Lifeline Service Finder lifeline.serviceseeker.com.au

Mindhealthconnect www.mindhealthconnect.org.au

Eating disorders:

Butterfly Foundation Support Line 1800 33 4673

www.thebutterflyfoundation.org.au

Depression and anxiety:

beyondblue support service phone 1300 22 4636 or email or chat online at www.beyondblue.org.au

Black Dog Institute www.blackdoginstitute.com.au

MindSpot www.mindspot.org.au

Culturally and linguistically diverse background:

Mental Health in Multicultural Australia www.mhima.org.au

Young people:

headspace www.headspace.org.au

ReachOut.com www.reachout.com

Youthbeyondblue www.youthbeyondblue.com

Aboriginal and Torres Strait Islander peoples:

Social and Emotional Wellbeing and Mental Health Services

www.sewbmh.org.au

LGBTI, other sexuality, sex and gender diverse people:

MindOUT! www.lgbthealth.org.au/mindout

QLife line 1800 184 527

