



## 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](http://www.beyondblue.org.au)

**Lifeline** [www.lifeline.org.au/Get-Help/](http://www.lifeline.org.au/Get-Help/)

**Suicide Call Back Service** [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

**SANE Australia Helpline** 1800 18 SANE (7263) [www.sane.org](http://www.sane.org)

#### Young people:

**Kids Helpline** [www.kidshelp.com.au](http://www.kidshelp.com.au)

**headspace** [www.headspace.org.au](http://www.headspace.org.au)

**ReachOut.com** [www.reachout.com](http://www.reachout.com)

#### Aboriginal and Torres Strait Islander peoples:

**Social and Emotional Wellbeing and Mental Health Services**  
[www.sewbmh.org.au](http://www.sewbmh.org.au)

#### Culturally and linguistically diverse background:

**Mental Health in Multicultural Australia** [www.mhima.org.au](http://www.mhima.org.au)

#### LGBTI, other sexuality, sex and gender diverse people:

**MindOUT!** [www.lgbthealth.org.au/mindout](http://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.



[www.mindframe-media.info](http://www.mindframe-media.info)  
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### 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](http://www.sane.org)

**Lifeline Service Finder** [lifeline.serviceseeker.com.au](http://lifeline.serviceseeker.com.au)

**Mindhealthconnect** [www.mindhealthconnect.org.au](http://www.mindhealthconnect.org.au)

#### Eating disorders:

**Butterfly Foundation Support Line** 1800 33 4673

[www.thebutterflyfoundation.org.au](http://www.thebutterflyfoundation.org.au)

#### Depression and anxiety:

**beyondblue support service** phone 1300 22 4636 or email or chat online at [www.beyondblue.org.au](http://www.beyondblue.org.au)

**Black Dog Institute** [www.blackdoginstitute.com.au](http://www.blackdoginstitute.com.au)

**MindSpot** [www.mindspot.org.au](http://www.mindspot.org.au)

#### Culturally and linguistically diverse background:

**Mental Health in Multicultural Australia** [www.mhima.org.au](http://www.mhima.org.au)

#### Young people:

**headspace** [www.headspace.org.au](http://www.headspace.org.au)

**ReachOut.com** [www.reachout.com](http://www.reachout.com)

**Youthbeyondblue** [www.youthbeyondblue.com](http://www.youthbeyondblue.com)

#### Aboriginal and Torres Strait Islander peoples:

**Social and Emotional Wellbeing and Mental Health Services** [www.sewbmh.org.au](http://www.sewbmh.org.au)

#### LGBTI, other sexuality, sex and gender diverse people:

**MindOUT!** [www.lgbthealth.org.au/mindout](http://www.lgbthealth.org.au/mindout)

**QLife line** 1800 184 527