

WHO TO CALL

The following list may be used for staff and students needing a chat or support.

In the event of an emergency, call emergency services on triple zero (Ph 000) or attend your local hospital emergency department.

IN THE EVENT OF AN EMERGENCY, CALL TRIPLE ZERO (000)

GENERAL:

- Lifeline: Ph. **13 11 14**: Available 24 hours a day, seven days a week.
- Beyond Blue: Ph. **1300 22 4636** Available 24/7.
- Online chat: Beyond Blue also allows online 'chat'. <https://www.beyondblue.org.au/get-support/talk-to-a-counsellor/chat>.
- 13 YARN – **13 92 76**: a free and confidential service that connects you with an Aboriginal or Torres Strait Islander Crisis Supporter over the phone, 24 hours a day, seven days a week.

SPECIFIC OPTIONS:

- Suicide Callback Service: **1300 659 467**: Available 24 hours a day, seven days a week
- Domestic/family/sexual violence: 1800RESPECT – **1800 184 527**: a free, confidential service available 24 hours a day for people impacted by domestic, family, or sexual violence
- Sexual Assault helpline – **1800 010 120**: Available to call from 7.30 am to 11.30 pm, 7 days a week
- Financial help: Call the National Debt Helpline on **1800 007 007**. The National Debt Helpline is available weekdays from 9:30 am to 4:30 pm.
- Queensland Police Service (non-urgent reporting) – **131 444**

ONGOING SUPPORT:

- A chat with the above providers may provide short-term relief. If further support is needed, there are some **FREE** options.
- Up to 10 **FREE** counselling sessions: Make a GP appointment for a mental health care plan. Six sessions will be organised initially, and this may then be extended with another four sessions.
- Women in and around Brisbane can get free counselling through Women's Health Equality. <https://wheq.org.au/services/counselling/>

LIFELINE

P: 13 11 14

BEYOND BLUE

P: 1300 224 636

13 YARN

P: 13 92 76

SUICIDE CALLBACK SERVICE

P: 1300 659 467

DOMESTIC FAMILY SEXUAL VIOLENCE

P: 1800 184 527

SEXUAL ASSAULT HELPLINE

P: 1800 010 120

FINANCIAL HELP

P: 1800 007 007

QUEENSLAND POLICE

P: 131 444