

Contact Information for Crisis prevention and Early Intervention over the Holiday Period

Name and Link to Website	Contact Number	Opening Hours	Service Description
If you or someone you know is in crisis and needs help now call 000 or visit your nearest emergency department			
Fresh Start	(08) 9381 1333	29 th , 30 th December	This service will allow you to call to book appointments for the early new year so you can be seen as soon as our doors open.
Lifeline National Alcohol & Other Drug Hotline	1800 250 015 13 11 14	24/7	Crisis counselling, support groups and suicide prevention services over the phone or online chats for crisis situations.
Alcohol and Drug Support Line	(08) 9442 5000 1800 198 024 (country callers)	24/7	Phone counselling that provides referrals and information for people seeking support for themselves or another's substance use.
Here for you	1800 437 348	7am-10pm 7 days	Confidential, phone counselling that can provide counselling and information for people who are seeking support for themselves or another's mental health and/or substance use.
13 Yarn	13 92 76	24/7	Over the phone crisis support for Aboriginal and Torres Strait Islander peoples that provides counselling and information for people seeking support for themselves or another's substance use.
Suicide Call Back Service	1300 659 467	24/7	Over the phone support for those experiencing or supporting someone else with suicidal feelings.
Beyond Blue	1300 224 636	24/7	Support for depression and anxiety.
MensLine Australia	1300 789 978	24/7	Telephone and online counselling for Australian men.
SANE Australia	1800 187 263	24/7	Support for 18+ people experiencing or supporting someone with complex mental health, online or over the phone.
Blue Knot Foundation Helpline	1300 657 380	7am – 3pm WAST	Support for families and communities for adult survivors of childhood trauma and abuse.
Thirrili	1800 805 801	24/7	Over the phone support for Aboriginal and Torres Strait Islander peoples after experience suicide or fatal critical incidents or someone in their community or family.
QLife	1800 184 527	3pm – midnight 7 days	Peer support and referral for people wanting to discuss sexuality, identity, gender, body, feelings and relationships.
PANDA	1300 726 306	7am-5.30pm WAST	Support for families affected by anxiety and depression during pregnancy and in the first year of parenthood.
Open Arms	1800 011 046	24/7	Mental Health support for anyone who has served in the ADF, their partners and families.