



In Case of Emergency

If you experience suicidal thoughts, it is **very important** that you talk to someone about it.

Suicidal thoughts and feelings are horrible, but they do pass and they are easier to deal with when you talk to someone. You can talk to your family, friends, doctor or therapist if you have one.

If you are **in Australia** and you feel that you are at risk of suicide, contact one of the following immediately:

Your Doctor

Where possible, your doctor should be your first point of contact during a crisis. Doctors are experienced in helping during crises and can help you find appropriate services. Your doctor's contact details:

The Police or Ambulance

Phone **000** for emergency assistance or go to your nearest hospital emergency department

Lifeline Australia

Phone **13 11 14** for free, 24-hour telephone crisis support.
www.lifeline.org.au

The Suicide Call Back Service

Phone **1300 659 467** for free, 24-hour telephone crisis support.
www.suicidecallbackservice.org.au

Your State's Crisis Service

- NSW** Mental Health Line on 1800 011 511
- VIC** Suicide Help Line on 1300 651 251
- QLD** Mental Health Access Line on 1300 642 255
- TAS** Mental Health Services Helpline on 1800 332 388
- SA** Mental Health Assessment and Crisis Intervention Service on 13 14 65
- NT** Mental Health Line on 1800 682 288
- ACT** Mental Health Triage Service on 1800 629 354
- WA** Mental Health Emergency Response Line on 1300 555 788 (Metro), or 1800 676 822 (Peel)

If you live **outside of Australia**, contact your therapist as soon as possible. You can also consult the International Association for Suicide Prevention (IASP) to find international crisis centres: https://www.iasp.info/resources/Crisis_Centres/. If you are experiencing a psychiatric crisis, please contact your local emergency services.