

EMERGENCY AND MENTAL HEALTH CRISIS NUMBERS (NSW)

National emergency and mental health crisis numbers

All numbers listed below are available 24/7 and are free or the cost of a local call (some charges may apply to mobile users).

Emergency Situation:

In an emergency situation call 000
If someone has attempted, or is at immediate risk of attempting to harm themselves or someone else, call triple zero (000) immediately

Acute Mental Health Situation:

The NSW Mental Health Access Line 1800 011 511

The NSW Mental Health Line is a state-wide telephone number which puts you in touch with your local mental health service. Staffed by mental health professionals, the line gives NSW residents access to expert mental health advice, support and referrals for people dealing with a mental health problem and their families and carers. Where appropriate they can put you in contact with the local mental health crisis or acute care team. The Mental Health Line also provides advice about clinical symptoms, the urgency of the need for care and local treatment options for health and care service providers.

Crisis Telephone Counselling Services:

Lifeline 13 11 14

Anyone across Australia experiencing a personal crisis or thinking about suicide can contact Lifeline for support.

Kids Helpline 1800 551 800

Provides specialised help for young people aged 5 to 25 years, and is staffed by professional counsellors.

Suicide Call Back Service 1300 659 467

The Suicide Call Back Service provides crisis counselling to people at risk of suicide, carers for someone who is suicidal and those bereaved by suicide. People who are not linked in with current professional support can also access up to six sessions of ongoing counselling with the same counsellor at scheduled times.

MensLine Australia 1300 78 99 78

For men of any age who would like support, information or referral to assist them to deal with relationship problems in a practical and effective way.

Rape Crisis Centre 1800 424 017

NSW Rape Crisis is the 24/7 telephone and online crisis counselling service for *anyone* in NSW - men and women - who has experienced or is at risk of sexual assault and their non-offending supporters.

National Sexual Assault, Domestic Family Violence Counselling Service 1800 737 732

For anyone in Australia who has experienced or is at risk of sexual assault, family or domestic violence and their non-offending supporters.