



Suicide Prevention
Network
GOULBURN AND REGION

WHERE TO GO FOR SUPPORT



If someone is injured or at immediate risk of hurting themselves or someone else call 000 immediately

HELP WITH A CRISIS

Lifeline 24/7	13 11 14
Lifeline text 24/7	0477 13 11 14
13 YARN 24/7	13 92 76
Suicide Call Back Service 24/7	1300 659 467
MensLine 24/7	1300 78 99 78
Brother to Brother 24/7	1800 435 799
Kids Helpline 24/7	1800 551 800
1800 RESPECT 24/7	1800 737 732
Open Arms Veterans and Families 24/7	1800 011 046
QLife (LGBTIQ+) 3pm to midnight, 7 days	1800 184 527
NSW Mental Health Line 24/7 Including access to local Acute Care Team	1800 011 511

HELP WITH YOUR MENTAL HEALTH

NSW Mental Health Line 24/7	1800 011 511
Head to Health	1800 595 212
Goulburn Mental Health Hub	1800 372 000
Headspace (12 - 25yrs)	1800 650 890
Goulburn	02 4824 4944
Yass	02 4824 4950
Farmgate Support	0460 015 879
NewAccess	1300 921 535
Beyond Blue 24/7	1300 224 636
SANE 10.00am-8.00pm, Mon-Fri	1800 187 263
Butterfly Foundation 8.00am-midnight, 7 days	1800 334 673
SNSW LHD Aboriginal Health Services	1800 999 880

OTHER HELP WITH SUICIDAL DISTRESS

Rural Counsellor - Goulburn	1800 319 458
Next Steps, Grand Pacific Health	02 4220 7600
Beyond Now suicide safety planning app www.lifeline.org.au/get-help/beyond-now	
Minds Together - for family and friends	mindstogether.org.au

HELP WITH FAMILY + RELATIONSHIPS

Goulburn Family Support Service	02 4822 2200
Warooga Youth Refuge, 24/7	02 4824 6256
Family Connect and Support	1300 736 384
Relationships Australia	1300 364 277
Tresillian	1300 272 736

HELP AFTER A SUICIDE LOSS

StandBy Support After Suicide	1300 727 247
Thirrili National Indigenous Postvention Service 24/7	1800 805 801
LGBTIQ+ support after suicide bereavement group www.switchboard.org.au/lgbtiqa-bereavement-groups	
Feel the Magic	1300 602 465
Griefline 8.00am-8.00pm, 7 days	1300 845 745

HELP FOR CARERS

Carer Gateway	1800 422 737
One Door Family and Carer Program	0400 533 052

MULTICULTURAL SERVICES

Goulburn Multicultural Centre	02 4803 9042
Translating and Interpreting Service	13 14 50

HELP WITH ALCOHOL + OTHER DRUGS

SNSW LHD Drug and Alcohol Services	1800 809 423
Pathways to Recovery - Goulburn	02 4824 6400
MERIT Program	02 6299 1725
Mandala House - Goulburn	02 3813 7400
Alcohol and Drug Information Service 24/7	1800 250 015

HELP WITH OTHER STUFF

Gambling Helpline 24/7	1800 858 858
National Debt Line	1800 007 007
Macarthur Legal Centre	02 4628 2042
Link2Home Homelessness 24/7	1800 152 152
Anglicare Homelessness Support Service	02 4823 4000
Find the help you need, now and nearby	askizzy.org.au



To access an online copy, scan the QR code. Where available, service names are hyperlinks.