



# 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 9pm, 7 days	1800 184 527

## OTHER HELP WITH SUICIDAL DISTRESS

Rural Counsellor	02 4825 4777
Next Steps, Grand Pacific Health	02 4220 7600
Rebuild, Mission Australia	0459 598 958
Goulburn Community Mental Health Centre	02 4825 4777
8am-4pm, Mon-Fri, 130 Goldsmith St. No appointments necessary.	
Beyond Now suicide safety planning app	
<a href="http://www.lifeline.org.au/get-help/beyond-now">www.lifeline.org.au/get-help/beyond-now</a>	
NSW Mental Health Line 24/7	1800 011 511
Support to access Goulburn SPOT (Suicide Prevention Outreach Team) and local Acute Care Team	
Roses in the Ocean Peer Companion	1800 777 337

## 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	
<a href="http://www.switchboard.org.au/lgbtiqa-bereavement-groups">www.switchboard.org.au/lgbtiqa-bereavement-groups</a>	
Feel the Magic support for children and teens	
<a href="http://feelthemagic.org.au">feelthemagic.org.au</a>	
Griefline 9.00am-8.00pm, 7 days	1300 845 745

## 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 YOUR MENTAL HEALTH

NSW Mental Health Line 24/7	1800 011 511
MyRecovery, Grand Pacific Health	1800 316 989
Medicare Mental Health phone service	1800 595 212
Goulburn Mental Health Hub	1800 372 000
headspace (12 - 25yrs)	
National helpline 3.00pm-10.00pm	1800 650 890
headspace Goulburn	02 4824 4944
headspace Yass	02 4824 4950
TIACS, blue-collar counselling	0488 846 988
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

## HELP WITH FAMILY + RELATIONSHIPS

Goulburn Family Support Service	02 4822 2200
Crisis Youth Refuge (Warooga), 24/7	02 4824 6256
Family Connect and Support	1300 736 384
Relationships Australia	1300 364 277
Tresillian	02 4826 9940

## HELP FOR CARERS

Carer Gateway	1800 422 737
One Door Family and Carer Program	0400 533 052
Minds Together - for family and friends	<a href="http://mindstogether.org.au">mindstogether.org.au</a>

## MULTICULTURAL SERVICES

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

## HELP WITH OTHER STUFF

Gambling Helpline 24/7	1800 858 858
National Debt Line	1800 007 007
Macarthur Legal Centre	02 4628 2042
Local food support - <a href="http://findfood.foodbank.org.au">findfood.foodbank.org.au</a>	
Link2Home Homelessness 24/7	1800 152 152
Anglicare Homelessness Support Service	02 4823 4000
Find the help you need, now and nearby	<a href="http://askizzy.org.au">askizzy.org.au</a>

