

24 HOUR EMERGENCY CONTACTS

BE SAFE & WATCH YOUR MATES

EMERGENCY 000

Police, ambulance, fire

KIDS HELPLINE 1800 55 1800

Anonymous & confidential counselling
for 5-18 year olds

1800 RESPECT 1800 737 732

Sexual assault, domestic & family violence
counselling helpline, information & support

LIFELINE 13 11 14

24/7 crisis support

RED FROGS HOTLINE 1300 557 123

Practical support & assistance over the phone,
room visits, pancake cook-ups or a walk home

BEYOND BLUE 1300 22 4636

Information, resources & support for young
people dealing with depression and/or anxiety

ADIS 1800 177 833

Confidential support, counselling, advice & referral
for people with alcohol & other drug concerns

POLICELINK 131 444

Non urgent incidents, property crime,
non-compliant activities

OTHER SERVICES (NOTE TIMES):

LIFELINE
TEXT SERVICE - SMS TO: 0477 13 11 14
From 12pm to midnight (AEST)

BEYOND BLUE
WEB CHAT - BEYONDBLUE.ORG.AU
Online chat every day from 3pm until 12am (AEDST)

DON'T RISK IT, ALWAYS
CALL 000
IN AN EMERGENCY