

## Phone Helplines & Related Sources of Assistance

Organisation	Phone Contact	Hours	Website/Email	Comments
Beyond Blue	1300 22 4636	24 hours 7days Web chat: 4pm - 10pm	<a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a>	"Talk it through with us day or night"
LIFELINE	13 11 14	24 hours 7days	<a href="http://www.lifeline.org.au">http://www.lifeline.org.au</a>	"We provide 24/7 crisis support and suicide prevention services."
The Samaritans	1800 198 313 (Country toll free) – City 08 9381 5555	24 hours 7days	<a href="http://www.thesamaritans.org.au">http://www.thesamaritans.org.au</a>	"Non-judgemental, Non religious Emotional Support for the despairing and suicidal"
Suicide Call Back Service	1300 659 467	24 hours 7days	<a href="http://www.suicidecallbackservice.org.au">http://www.suicidecallbackservice.org.au</a>	"The Suicide Call Back Service provides free nationwide professional telephone and online counselling for anyone affected by suicide."
Mensline Australia	1300 789 978	Phone 24/7  Online Counselling 3pm - 8.30pm (Eastern time)	<a href="http://www.mensline.org.au">http://www.mensline.org.au</a>	"MensLine Australia is a professional telephone and online support, information and referral service, helping men to deal with relationship problems in a practical and effective way."
Gay and Lesbian Community Services (GLCS)	1800 184 527 (Country toll free) – City 08 9420 7201	7pm - 10pm Mon - Fri	<a href="http://www.glcs.org.au">www.glcs.org.au</a>	Telephone counseling and information line - "The service is <i>confidential</i> and staffed by trained peer volunteers."
Australian Psychological Society (APS) Find a Psychologist Service	1800 333 497	Phone service hours - Not Stated	<a href="http://www.psychology.org.au/FindaPsychologist">http://www.psychology.org.au/FindaPsychologist</a>  <a href="mailto:referral@psychology.org.au">referral@psychology.org.au</a>	For those outside metropolitan areas, when phoning or emailing you may wish to ask for a Psychologist who offers telephone or Internet services.

As at May 2013