

## Help

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If you or someone you know is in immediate danger, please call 000 or visit your nearest emergency department.

Some useful contacts for crisis support and suicide prevention services include:



## Lifeline

Lifeline provides 24 hours a day, 7 days a week telephone crisis support and counselling.

Contact the service on 13 11 14 or via the [Lifeline Crisis Support Chat](#) <sup>[1]</sup> (available 7pm to midnight).

## Suicide Call Back Service

The Suicide Call Back Service operates 24 hours a day and is a nationwide service that provides free telephone, video and online counselling.

Contact the service on 1300 659 467 or via [Suicide Call Back Service online chat and video counselling](#) [2].

## beyondblue support services

*beyondblue* support services offer crisis support via phone call, online chat or email. All calls and chats are one-on-one with a trained mental health professional, and completely confidential.

Contact the service on 1300 224 636 or via [beyondblue online chat support service](#) [3] (available between 3pm and midnight).

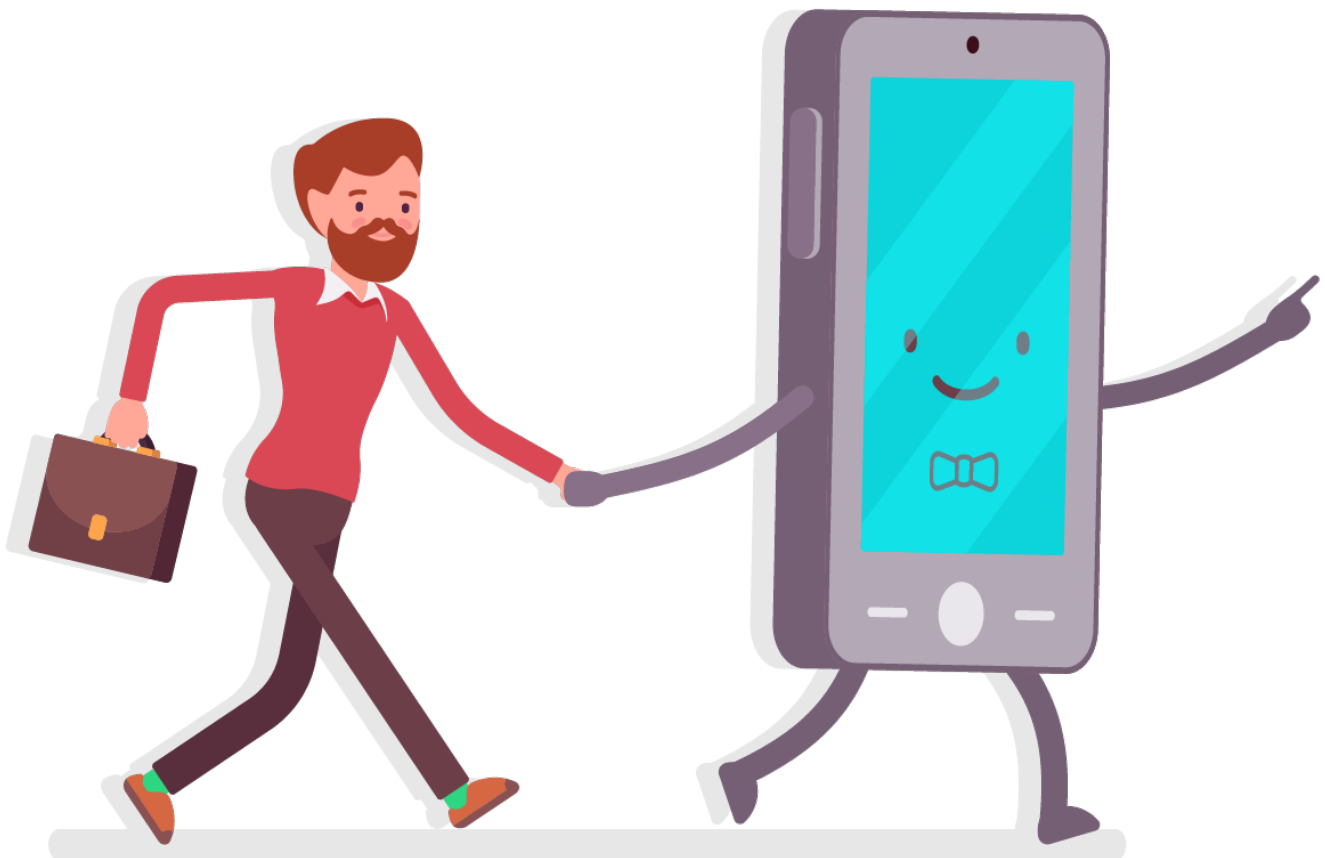
## MensLine Australia

MensLine Australia is a telephone and online counselling service for men with family and relationship concerns.

Contact the service on 1300 789 978 or via [MensLine online chat and video counselling](#) [4].

## Queries about My Business Health

If you have any questions about My Business Health, please [get in touch](#) [5] with the Australian Small Business and Family Enterprise Ombudsman.





Australian Government

Department of Employment,  
Skills, Small and Family Business

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**Links**

- [1] <https://www.lifeline.org.au/get-help/online-services/crisis-chat>
- [2] <https://www.suicidecallbackservice.org.au/phone-and-online-counselling/>
- [3] <https://online.beyondblue.org.au/#/chat/questions1>
- [4] <https://mensline.org.au/phone-and-online-counselling/>
- [5] <https://www.asbfeo.gov.au/contact-us>