

Help

Help

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](#) ^[1] (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).

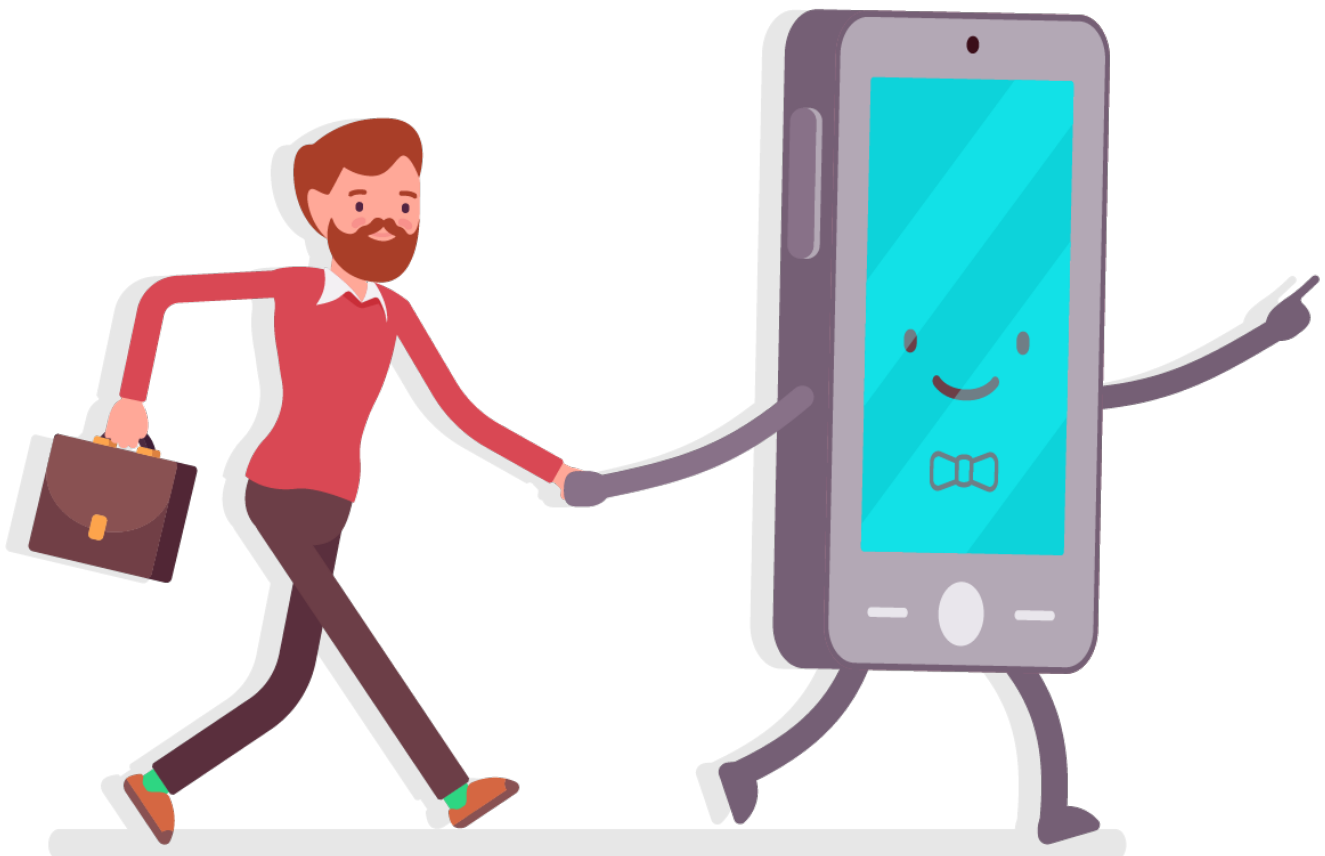
MensLine Australia

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

- [Disclaimer](#)
- [Privacy](#)
- [Help](#)
- [Accessibility](#)
- [Language Assistance](#)
- [Get in touch](#)

Supporting Partners



Powered by [Drupal](#), created by 

Source URL: <https://www.asbfeo.gov.au/my-business-health/help>

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>