

MENTAL HEALTH FIRST AID AUSTRALIA

RECOMMENDED RESOURCES

Lifeline 24-Hour Counselling
and Crisis Support Chat

Ph: 13 11 44

**Farmer-friendly mental
health resources
available nationally**

Mensline Australia

Ph: 1300 789 978

This is a telephone counselling service available 24 hours, 7 days a week for men with relationship and family concerns.

Tips on how to start
a conversation with
someone

Beyond Blue Support Service

Ph: 1300 224 636

Beyond Blue is a counselling service available 24 hours a day, 7 days per week.

Are you bogged mate?

Mental Health Crisis Numbers (24/7)

ACT

Ph: 1800 629 354

NSW

Ph: 1800 011 511

QLD

Ph: 1300 642 255

SA

Ph: 13 14 65

TAS

Ph: 1800 332 388

VIC

Ph: 1300 651 251

WA

Ph: 1300 555 788 or RuralLink 1800 552 002