

# Mental Health Help, Now

Who to contact in a crisis	Phone	www.
<b>Beyond Blue</b> Phone support 24/7 Online chat 3pm-midnight Online forums Email contact	1300 22 4636	beyondblue.org.au
<b>Lifeline</b> Phone support 24/7 Online chat 7pm-midnight AEDT Online resources	13 11 14	lifeline.org.au
<b>Suicide Call Back Service</b> Phone counselling 24/7 Online counselling 24/7 Online resources	1300 659 467	suicidecallbackservice.org.au
<b>1800RESPECT</b> National sexual assault, domestic family violence helpline Phone support 24/7 Online chat 24/7 Online resources	1800 737 732	1800respect.org.au

Visit [www.sa.gov.au](http://www.sa.gov.au) for more emergency crisis helplines

If life is at risk phone 000 - police, fire, ambulance