

# WHO DO I CALL?

## Mildura Suicide Prevention Trial 2017-2020

### Help Right Now...

1. **000** for immediate risk (current actions endangering self or others)
2. **03 50223500 - Mildura Base Hospital Mental Health Acute Community Intervention Service:** for assessment and treatment options. This service can also be called by family/friends seeking advice.
3. A **General Practitioner** - General Practitioners (GPs) can identify and support people in distress and refer to other help.

### 24 hour telephone counselling services:

- **13 11 14 - Lifeline:** for advice or information and an opportunity to talk. You can also call them on behalf of someone else and then put them on the line. 24 hour/7 day a week counselling with calls from mobile phones free of charge. **Online Crisis Support Chat** is also available 7.00pm – midnight (Sydney time) 7 days a week – accessed via [www.lifeline.org.au/get-help/online-services/crisis-chat](http://www.lifeline.org.au/get-help/online-services/crisis-chat).
- **1300 659 467 - Suicide Call Back Service:** leave a message and they will call you back.
- **1800 650 890 – headspace:** for 12-25 year olds and their families/carers. **Online support** and counselling is also available via [www.headspace.org.au/headspace](http://www.headspace.org.au/headspace).
- **1800 55 1800 - Kids Help Line**
- **1300 789 978 - Mensline Australia**
- **1300 22 4636 - beyondblue**
- **1800 011 046 - Veterans & Veterans Families Counselling Service**

### Help in Recovery...

If you have been bereaved through suicide the StandBy Response Service is a 24-hour community based active suicide postvention program.

- **0439173310 - Standby Murray Support After Suicide** (24 hours 7 days a week)

