External Emergency Contacts

Support Organisations

In case of emergency, ring 000

- Lifeline Telephone Counselling: 13 11 14
- beyondblue: 1300 22 4636
- Sexual Assault Line (DV Connect): 1800 010 120
- Domestic Violence Hotline (DV Connect): 1800 811 811
- Brisbane Mental Health Crisis Services: 1300 64 22 55

Online Counselling

- headspace.org.au
  Online and telephone service for young people and their families going through a tough time.
  Ages 12-25
  9am - 1am

- lifeline.org.au
  Phone 13 11 44
  Lifeline Crisis Chat is an online web-counselling service providing short-term support for people who are feeling overwhelmed and having difficulty coping or staying safe.
  Ages 15+
  8pm – 4am

- kids helpline.com.au
  Phone 1800 55 1800
  24/7 online counselling and phone counselling service run by Kids Helpline
  Ages 5-25