



**Call 13 11 14
for 24/7
crisis support**

Lifeline is a national charity providing all Australians experiencing emotional distress with access to 24-hour crisis support and suicide prevention services.



Lifeline Digital

Lifeline crisis support is now available via phone, text, or online chat.

Phone 13 11 14 available 24 hours / 7 days - Anyone in Australia can speak to a trained Crisis Supporter over the phone, any time of the day or night.

Lifeline Text 0477 13 11 14 available 24 hours / 7 days - any person in Australia can receive support from a Crisis Supporter by text message, any time of the day or night.

Online chat available 24 hours / 7 days - The online chat service is available for people who prefer to type than talk.
<https://www.lifeline.org.au/crisis-chat/>

Holding on to Hope podcast

The **Holding on to Hope** podcast is designed to safely share the experiences of people who have struggled with suicidality.

Lifeline Services

- Face to Face Counselling
- Bereavement Support Groups
- Eclipse Support Groups for people who have attempted suicide.
- Financial Counselling
- Suicide safe training
- Domestic and Family Violence Response Training

To find out more about services in your local area, please visit your local Lifeline Centre's website. You can find your local Lifeline Centre via Lifeline's Service finder

<https://www.lifeline.org.au/get-help/i-m-feeling-suicidal/>