

If you are worried about your mental health, please reach out to a service below:

24-HOUR SERVICE:

Lifeline 13 11 14
Suicide Call Back Service 1300 659 467
QLife (3pm to midnight) 1800 184 527

LOCAL SERVICE:

Working it Out (03) 6231 1200

ONLINE INFORMATION AND SUPPORT:

QLife.org.au

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