



**IT'S OKAY,
NOT TO BE
OKAY**

Lifeline
13 11 14

Kids help line
1800 551 800

Police Assistance
131 444

Mensline
1300 789 978

Direct Line
(drug and alcohol counselling)
1800 888 236

1800 Respect
1800 737 732

Gamblers help
1800 858 858

Poisons information hotline
131 126

Nurse On-Call
1300 606 024

Emergency
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PANDA
(perinatal anxiety and depression Australia)
1300 726 306

Grief Line
1300 845 745

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