



Facilitate Occupational Therapy Services

Emergency Services Contact List

Lifeline

Phone: 13 11 14 or www.lifeline.org.au

Available 24 hours a day / seven days a week

Available to anyone experiencing a personal crisis or thinking about suicide.

Supports available include telephone support and online counselling appointments

Suicide Call Back Service

Phone: 1300 659 467 or www.suicidecallbackservice.org.au

Available 24 hours a day / seven days a week

Available to people aged 15 years or older who are experiencing suicidal thoughts, and their carers. Also available to people bereaved by suicide, or to health professionals providing support to suicidal individuals

Supports include up to six x 1 hour telephone counselling sessions and online counselling appointments

Beyond Blue

Phone: 1300 22 46 36 or www.beyondblue.org.au/get-support/get-immediate-support

Available 24 hours a day / seven days a week.

Online chat is available 3pm-12am; Message via the website & receive a response within 24 hours.

Available to anyone in the community. The support service personnel will listen, provide information and advice, and direct people to other services for further support

Kids Helpline

Phone: 1800 55 1800 or www.kidshelp.com.au

Available 24 hours a day / seven days a week

Available to young people aged five to 25 years; Supports include telephone, web and email counselling

MensLine Australia

Phone: 1300 78 99 78 or www.mensline.org.au

Available 24 hours a day / seven days a week

Available to Men of all ages

Access up to six x 1 hour telephone counselling sessions; Online and video counselling appointments.
Services also available in Arabic.

Sexual Assault, Family and Domestic Violence Line

Phone: 1800 424 017 or www.1800respect.org.au

For anyone in Australia who has experienced or is at risk of sexual assault, family or domestic violence and their non-offending supporters.

Sane Help Centre

Phone: 1800 187 263 or www.sane.org/get-help

Available weekdays 10am-10pm AEST

Available for anyone who would like to talk to a mental health professional.

FACILITATE OCCUPATIONAL THERAPY SERVICES

Phone: 1300 855 513
Fax: 02 4201 0196

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Providing expert Occupational Therapy services across the Illawarra and Shoalhaven