

My Safety Plan

source: <https://parents.au.reachout.com>

People I can talk to

For example, parent, aunt or uncle, counsellor, chaplain, friend's parent.

Reasons to live:

Things I can do to make myself safe:

For example, go to a friend's house, do something to distract yourself.

Where I can find support:

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If you feel that you will act on your suicidal thoughts.

Lifeline

13 11 14

Call 24/7 for crisis support and suicide prevention services. Text support: 0477 13 11 14

Beyond Blue

1300 22 4636

Call 24/7 for advice, referral and support from a mental health professional.

Suicide Call Back Service

1300 659 467

24/7 free counselling and support.

Kids Helpline

1800 55 1800

24/7 private and confidential phone and online counselling service for young people aged 5 to 25.

13YARN

13 92 76

24/7 national crisis support line for Aboriginal and Torres Strait Islander people.

Butterfly Foundation

1800 33 4673

8am - midnight, every day

Support for eating disorders and body image issues.

headspace

1800 650 890

Support and information for young people 12-25.

QLife

1800 184 527

3pm - midnight local time every day.

Phone and online anonymous and free LGBTI peer support.

ReachOut.com

au.reachout.com

Help with tough times for 14-25 year olds and their parents.