



Not feeling like yourself lately?

Feeling hopeless?

Are you having thoughts about killing yourself?

Help is available 

\*\*\* If life is in danger call Triple Zero (000) \*\*\*

[Visit a hospital emergency department](#)

### 24 hour / 7 days a week crisis support

#### Lifeline

- Call 13 11 14
- Chat online [www.lifeline.org.au/crisis-chat](http://www.lifeline.org.au/crisis-chat)
- Text 0477 131 114

#### Beyond Blue

- Call 1300 224 636
- [www.beyondblue.org.ausupport-service/chat](http://www.beyondblue.org.ausupport-service/chat)

#### 13YARN (13 92 76):

If you, or someone you know, are feeling worried or no good, we encourage you to connect with 13YARN on 13 92 76 (24 hours/7 days) and talk with an Aboriginal or Torres Strait Islander Crisis Supporter.

#### Brother to Brother 1800 435 799

The Brother to Brother crisis line provides phone support for Aboriginal men who need someone to talk to about relationship issues, family violence, parenting, drug and alcohol issues or who are struggling to cope for other reasons.

#### Suicide Call Back Service

Call 1300 659 467  
Chat online [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

#### Kids Helpline

- Call 1800 55 1800
- Chat online [www.kidshelpline.com.au](http://www.kidshelpline.com.au)

#### Domestic and Family Violence – 1800 Respect

- Call 1800 737 732
- Text 0458 737 732
- Chat online [1800respect.org.au](http://1800respect.org.au)

#### Open Arms for Veterans and Families

Call 1800 011 046

#### MensLine

- Call 1300 789 978
- online counselling [www.mensline.org.au](http://www.mensline.org.au)

#### QLife (LGBTIQA+) 3PM-12AM

- Call 1800 184 527
- Chat online [www qlife.org.au](http://www qlife.org.au)

#### Beyond Now

##### [suicide safety planning:](#)

Develop your own (or support someone you know to develop) personal suicide safety plan.

You can use the app to create your own easy-to-follow plan to help you in those moments when you can't think straight. You can also create it on the website and print it.

##### Your plan is personal to you and includes steps to help you:

- know your warning signs, so you can act early
- make your environment safe by removing harmful items
- distract yourself with activities you can do or people you can be with
- remember things that make you feel strong.

For more help in working out who to talk to and what to say, [click here](#).

### Free Local Support Services

#### Kurbingui Youth and Family Development (Kurbingui)

Social and emotional wellbeing services with Aboriginal and Torres Strait Islander people of all ages who are experiencing a suicide crisis, have recently made a suicide attempt or have lost a loved one to suicide.

Contact: 07 3156 4800, [reception@kurbingui.org.au](mailto:reception@kurbingui.org.au), [www.kurbingui.org.au/services/social-emotional-wellbeing/](http://www.kurbingui.org.au/services/social-emotional-wellbeing/)



Continued next page >



## Queensland Council for LGBTI Health (QC)

For LGBTIQ+ Sistergirl, Brotherboy people aged 16 years and over who are facing a suicide crisis or are bereaved community members. QC provides free, culturally inclusive, age-appropriate psychological care and case work. These services can be provided in person, by phone or online.

Contact 07 3017 1777,  
[info@lgbtiqhealth.org.au](mailto:info@lgbtiqhealth.org.au)  
[www.lgbtiqhealth.org.au/69](http://www.lgbtiqhealth.org.au/69)

## Brisbane North Safe Spaces

### What to expect:

- friendly welcome
- someone who listens
- safety planning offered
- warm connections with other services and supports
- follow-up contact

## Bardon Safe Space

Community - 180 Jubilee Tce, Bardon  
Open 5-9pm Weekdays and  
9am-1pm Weekends  
CALL 07 3004 0101  
[SafeSpace@community.org.au](mailto:SafeSpace@community.org.au)

## Strathpine Safe Space

Neami National - Unit 6/327 Gympie Rd, Strathpine  
Open 5-9pm Weekdays and 3-7pm Weekends  
CALL 07 3493 6710  
[safespace@neaminational.org.au](mailto:safespace@neaminational.org.au)

## Caboolture Safe Space

STRIDE Caboolture - 24 George St, Caboolture  
Open 5-9pm Weekdays and  
10am - 2pm Weekends  
CALL 07 5232 1590  
[SafeSpace.Caboolture@stride.com.au](mailto:SafeSpace.Caboolture@stride.com.au)

## Redcliffe Safe Space

Redcliffe Youth Space -  
440 Oxley Avenue, Redcliffe  
(on the corner, next to the Skate Park)  
Open 5-9pm Weekdays and  
3pm-7pm Weekends  
CALL 0435 827 817  
[SafeSpace@redcliffeyouthspace.org](mailto:SafeSpace@redcliffeyouthspace.org)

## Gallang Place

Gallang Place was established to address trans-generational grief and loss by providing culturally appropriate counselling support. Gallang Place provides a culturally appropriate counselling service to Aboriginal and Torres Strait Islander individuals, groups and families, within the greater Brisbane region. (07) 3899 5041,  
[reception@gallangplace.org.au](mailto:reception@gallangplace.org.au)  
57 Southgate Ave,  
Cannon Hill, QLD, 4170

## Local Acute Mental Health services

Service	Contact	Locations	Website
1300 MH CALL	1300 64 22 55 (MH CALL)	Phone line connects to closest hospital	<a href="http://www.qld.gov.au/health/mental-health/help-lines/1300-mh-call">www.qld.gov.au/health/mental-health/help-lines/1300-mh-call</a>

## Other support options

### SANE

online community forums, counselling, mentorship and more, all via the internet.

### Better Off With You

Online resource with information for people having suicidal thoughts, people concerned about others, and people wanting to support the community.

### Roses in the Ocean

Call-back service for people with a lived experience of suicide to connect with others with a similar lived experience of suicide - Peer CARE Companions.

Holding onto Hope is a podcast series from Lifeline Australia, in which people who have come through the darkness of suicidality share the connection that gave them hope to continue living. [You can find the Holding onto Hope podcasts here.](#)

Stories of Hope is a series of video stories shared by people who have experienced suicidality, in the hope they encourage others to take the step to seek help or offer hope to others. [You can watch Stories of Hope here.](#)

### Reasons to stay

The campaign website provides information about accessing face-to-face services or telephone support in the Brisbane North region. This campaign is an initiative of the Brisbane North PHN.

### eHeadspace

Phone and online chat counselling from 9am to 1am Melbourne time for young people aged 12-25 years.

## Not sure who to contact?

Contact local service navigators from Head to Health. Their job is to make it easier to access wellbeing and mental health services. You can call, email or webchat. Monday to Friday.

Phone: 1800 595 212

Webchat: [My Mental Health | The help you need](#)

Email: [mymentalhealth@brisbanenorthphn.org.au](mailto:mymentalhealth@brisbanenorthphn.org.au)

Or visit [headtohealth.gov.au](http://headtohealth.gov.au)

Contact MobLink [Mob Link - Institute for Urban Indigenous Health \(uiuh.org.au\)](#) Open 365 days a year, from 7am to 7pm. 1800 254 354

