

Has someone you know died from suicide?

Help is available 



StandBy after suicide (UnitingCare)

Free face-to-face and/or telephone support at a time and place that is best for each individual. StandBy also develops free resources and books to download.

www.standbysupport.com.au to support those bereaved and/or impacted by a suicide death.

Brisbane contact:

Coordinator Angela Campbell

Phone: 1300 727 247

standby.bne@uccommunity.org.au

Thirrili Indigenous Postvention Service

Phone: 1800 805 801

Emotional and practical support for Aboriginal and Torres Strait Islander families impacted by a loss from suicide or other fatal traumatic incident.

Survivors of Suicide and Bereavement Support Association (SOSBSA)

Support groups, education and peer support in a safe environment for people affected by suicide, including a [Brisbane Support Group](#).

HeadSpace in Schools

A program that assists Australian school communities to prepare for, respond to and recover from the death of a student by suicide. Your school community can access helpful resources and tools.

Other support options

Service	Contact
Queensland Health	13 HEALTH (13 43 84)
Alcohol and Drug Information Service	1800 177 833
Counselling online (drug and alcohol)	1800 888 236
Quitline	13 78 48
HeadSpace	1800 650 890
Youthbeyondblue	1300 22 46 36
Veterans Support Service	1800 011 046
PANDA (perinatal anxiety and depression)	1300 726 306
Eating Disorders Queensland	07 3844 6055
Griefline	1300 845 745
Grow Australia (support through peer groups)	1800 558 268

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

Or visit headtohealth.gov.au

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

