

Local Support Services

headspace Albury Wodonga

Supports young people from 12-25 who are going through a tough time.

To book an appointment, call 02 6055 9555. [facebook.com/headspacealburywodonga/](https://www.facebook.com/headspacealburywodonga/)

Mental Health Triage Number

1300 104 211

Head to Help (Gateway Health)

1800 595 212

Stand By Murray (for those impacted by suicide)

0439 173 310 <https://standbysupport.com.au/#Support>

Talk It Out Murray

1300 022 946

24 hours a day for 15 years and above

<https://talkitoutmurray.org.au>

National Support Services



Mental Health Services and Support

<p>Beyond Blue</p> <p>24/7 mental health support service</p> <p>1300 22 4636 beyondblue.org.au</p>	<p>headspace</p> <p>Online support and counselling to young people aged 12 to 25</p> <p>1800 650 890 <small>(9am-1am daily)</small> For webchat, visit: headspace.org.au/eheadspace</p>	<p>Kids Helpline</p> <p>24/7 crisis support and suicide prevention services for children and young people aged 5 to 25</p> <p>1800 55 1800 kidshelpline.com.au</p>	<p>1800RESPECT</p> <p>24/7 support for people impacted by sexual assault, domestic violence and abuse</p> <p>1800 737 732 1800respect.org.au</p>
<p>Lifeline</p> <p>24/7 crisis support and suicide prevention services</p> <p>13 11 14 lifeline.org.au</p>	<p>Suicide Call Back</p> <p>24/7 crisis support and counselling service for people affected by suicide</p> <p>1300 659 467 suicidecallbackservice.org.au</p>	<p>Mensline</p> <p>24/7 counselling service for men</p> <p>1300 78 99 78 mensline.org.au</p>	<p>QLife</p> <p>LGBTI peer support and referral</p> <p>1800 184 527 <small>(6pm-10pm daily)</small> qlife.org.au <small>(online chat 3pm-12am daily)</small></p>

If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.



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