Urgent Phone Numbers

For when a crisis happens and you can't reach us

National Contact Numbers

Emergency Number: 000

Lifeline: 13 11 14
(24/7 crisis support)

1800RESPECT: 1800 737 732
(National sexual assault, domestic and family violence counselling)

Beyond Blue: 1300 22 4636

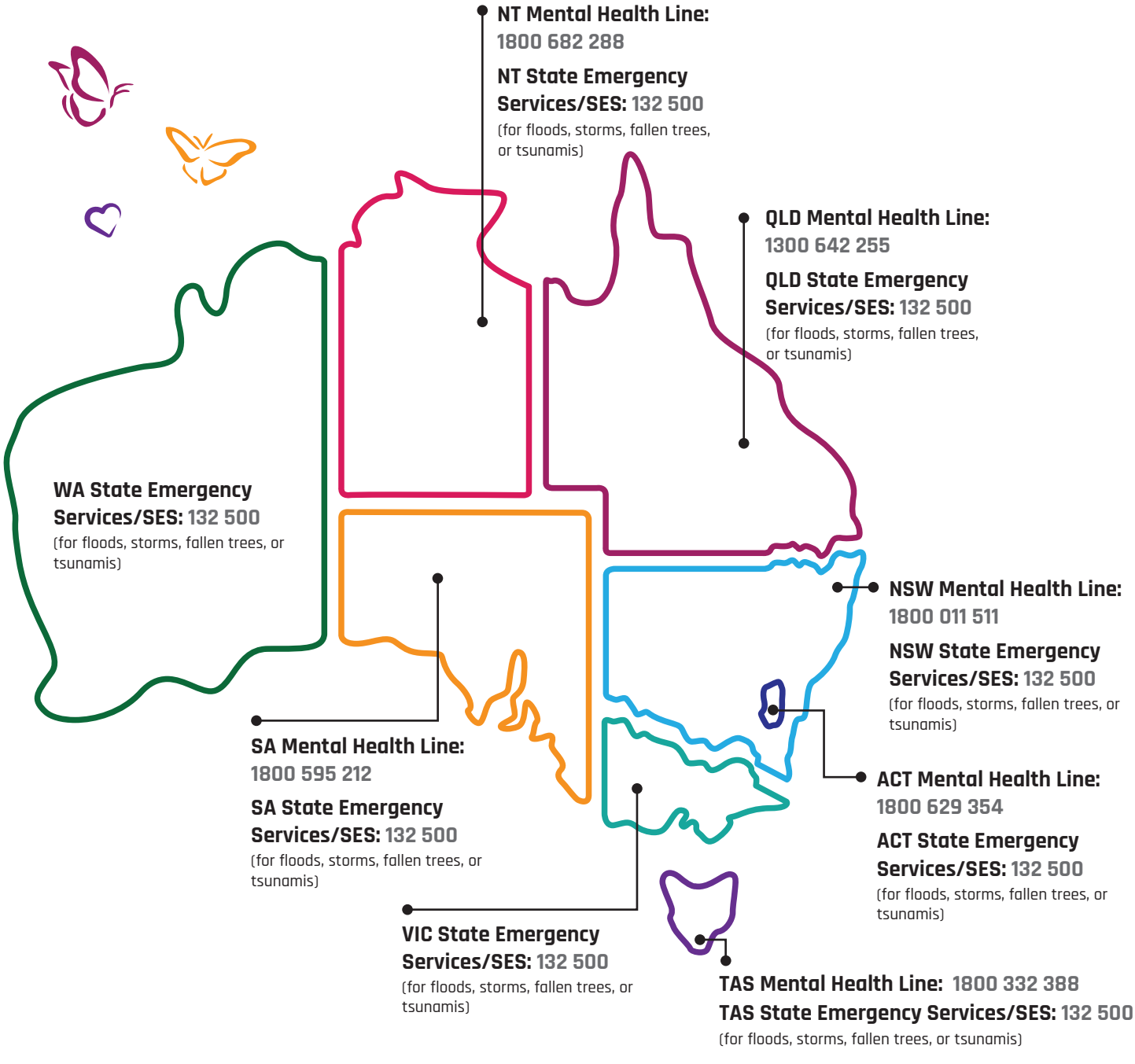
13 Yarn: 13 92 76
(Aboriginal and Torres Strait Islander Crisis Supporters)

ADIS: 1800 131 350
(Alcohol and Drug Information Service)

Healthdirect: 1800 022 222
(24/7 crisis support)

Police Assistance Line 131 444
(Non-Urgent Crimes/Events)

General Health Concerns
Your personal GP or Treating Team



NT Mental Health Line:
1800 682 288

NT State Emergency Services/SES: 132 500
(for floods, storms, fallen trees, or tsunamis)

QLD Mental Health Line:
1300 642 255

QLD State Emergency Services/SES: 132 500
(for floods, storms, fallen trees, or tsunamis)

WA State Emergency Services/SES: 132 500
(for floods, storms, fallen trees, or tsunamis)

NSW Mental Health Line:
1800 011 511

NSW State Emergency Services/SES: 132 500
(for floods, storms, fallen trees, or tsunamis)

SA Mental Health Line:
1800 595 212

SA State Emergency Services/SES: 132 500
(for floods, storms, fallen trees, or tsunamis)

ACT Mental Health Line:
1800 629 354

ACT State Emergency Services/SES: 132 500
(for floods, storms, fallen trees, or tsunamis)

VIC State Emergency Services/SES: 132 500
(for floods, storms, fallen trees, or tsunamis)

TAS Mental Health Line: 1800 332 388
TAS State Emergency Services/SES: 132 500
(for floods, storms, fallen trees, or tsunamis)