

genyus Crisis Support Contacts

CRITICAL HOTLINES

Country	Crisis Organisation	Contact number	Web Address	Email
Australia	Australian Police	000		
	Headspace	1800 650 890	https://headspace.org.au/	
	Lifeline	131144	https://www.lifeline.org.au/	https://www.lifeline.org.au/crisis-text/
	Beyond Blue	1300 22 4636	https://www.beyondblue.org.au/	https://online.beyondblue.org.au/email/#/send
	Reach out	02 8029 7777 (Mon-Fri, 9-5 pm)	https://about.au.reachout.com/contact-us	
	SuicideLine (Victoria)	1300 651 251		
	Suicide Call Back Service	1300 659 467		
	Kids Helpline	1800 55 1800		
UK	YoungMinds Crisis	text YM to 85258 for free, 24/7 support	https://youngminds.org.uk/	
	SupportLine	01708765200	https://www.supportline.org.uk/	info@supportline.org.uk