

Counselling and Mental Health Supports

Emergency

If your mental health is an emergency go to the hospital or phone **000**

Lifeline

13 11 14

A national 24/7 telephone helpline offering support to anyone in crisis

More information [here](#)

Suicide Call Back Service

1300 659 467

24/7 Immediate Support to anyone feeling suicidal and can provide up to three telephone counselling sessions.

Find more information [here](#)

Kids Helpline

1800 55 1800

24/7 line for children to call

1800 Respect - For women

1800 737 732

Sexual assault and domestic and family violence line

Mental Health Line (if you have medicare)

1800 011 511

A 24/7 Mental Health Line for people in NSW

More information [here](#)

Support for people affected by overseas conflicts

1800 845 198. Monday to Friday 10am – 7pm– except public holidays

Witness-to-War Multilingual Hotline is a FREE national phone service for people affected by conflicts overseas.

Interpreter or person speaking your language provided

Whether you're worried about loved ones, feeling stressed, need help finding information about useful services and support, or just need someone to talk to, you can call.

STARRTS - Service for the Treatment and Rehabilitation of Torture and Trauma Survivors

9646 6700 | Monday to Friday

More information [here](#)

Transcultural Mental Health Line

1800 646 911 | Monday to Friday 9am - 4.30pm

Last edit 17/11/2025

The Transcultural Mental Health Line is a telephone service that supports people who live in NSW and who are from culturally and linguistically diverse communities.

[More information here](#)