

# A Helping Hand



Jewish  Care  
*You're in good hands*



**000**

Call when there is an immediate risk of harm to yourself or others



**Lifeline**

24/7 crisis support for people feeling overwhelmed or having difficulty coping or staying safe

**13 11 14** (call for help) **0477 131 114** (text for help)



## **Suicide Call Back Service**

24/7 crisis support for people at risk or for those concerned about someone at risk of suicide

**1300 659 467** (call for help)

[www.suicidecallbackservice.org.au/phone-and-online-counselling/](http://www.suicidecallbackservice.org.au/phone-and-online-counselling/)

(chat online)



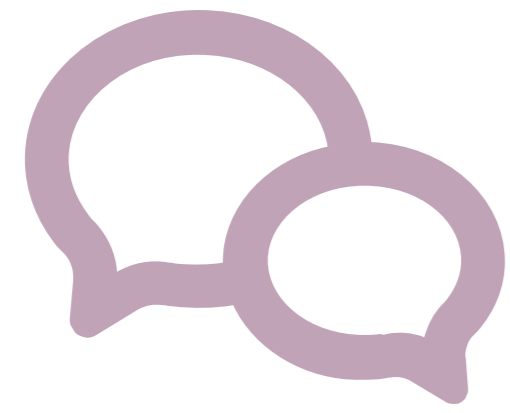
## **Kids Helpline**

24/7 youth-friendly resources & support for any concerns, big or small

**1800 55 1800** (call for help)

[www.kidshelpline.com.au/get-help/webchat-counselling](http://www.kidshelpline.com.au/get-help/webchat-counselling) (webchat)





## **Headspace**

Supporting young people with mental health, physical health (including sexual health) alcohol & other drug related concerns.

For in-person support, find a centre near you to make an appointment

**[headspace.org.au](https://headspace.org.au)**

(create an account to chat online)

## **QLife**

Anonymous and free LGBTQIA+ peer support for people wanting to talk about sexuality, identity, gender, bodies, feelings or relationships

**1800 184 527** (call for help) **QLife.org.au** (chat online)

## **JewishCare**

Help for any member of the Jewish community

**1300 133 660**

Talk to a trusted adult like a friend, family member, teacher, GP or counsellor. Please reach out for help if you need it.



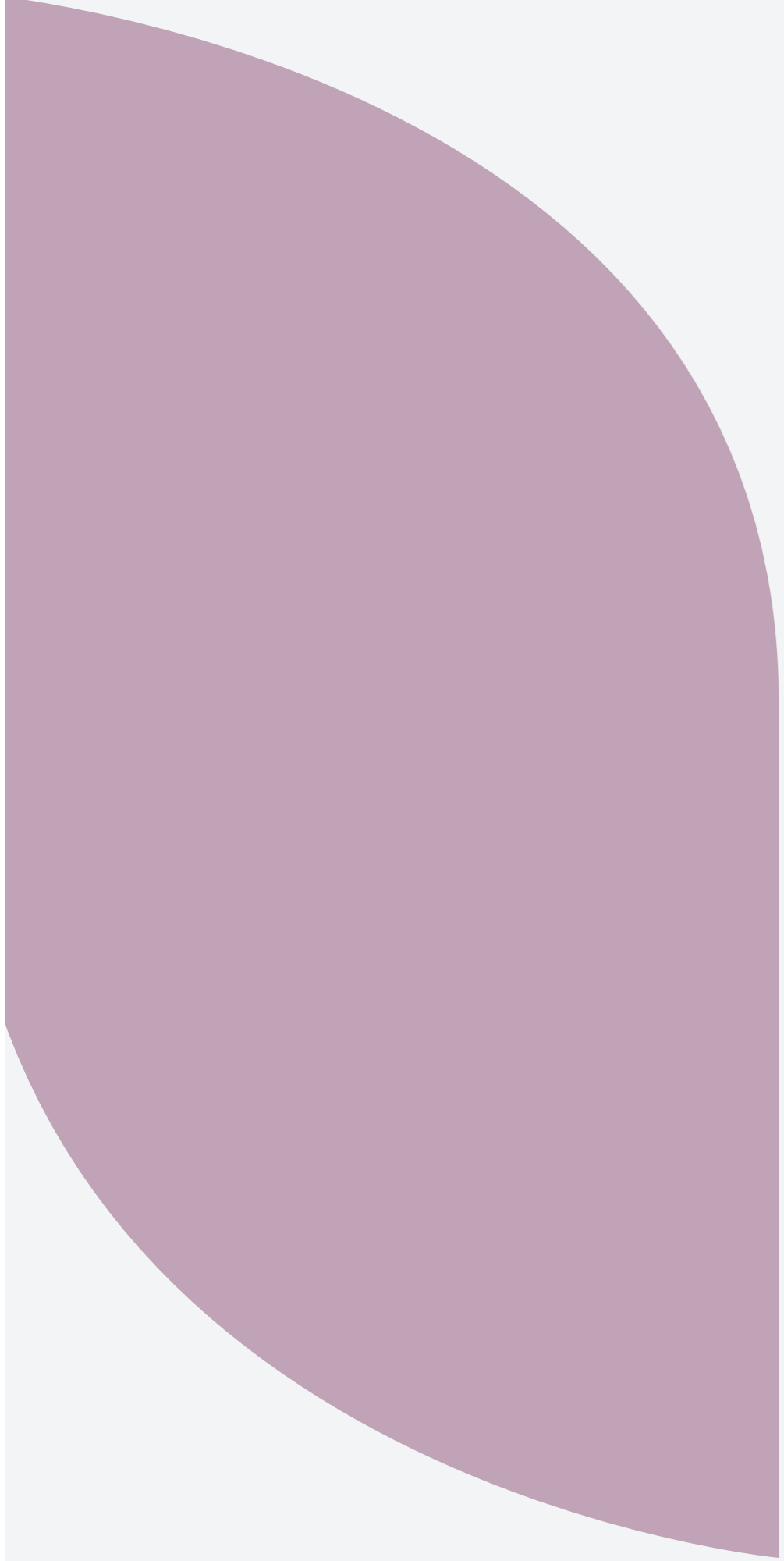
## **Butterfly Foundation**

Support for eating disorders  
& body image issues

**1800 33 4673** (call for help)

[www.butterfly.org.au/get-support/  
chat-online](http://www.butterfly.org.au/get-support/chat-online)





Scan to visit our website  
for support