

Lifeline

 Phone
13 11 14

 NDIS Supplier
No

 Website
<https://www.lifeline.org.au/>

 Applicable Ages
All ages

 Inclusions
All

Service Areas

Counselling Referral and Support

Crisis Services

Opening hours

Monday	24hrs
Tuesday	24hrs
Wednesday	24hrs
Thursday	24hrs
Friday	24hrs
Saturday	24hrs
Sunday	24hrs

We're here for you. You are not alone. We're here to listen.

We are a national charity providing all Australians experiencing emotional distress with access to 24 hour crisis support and suicide prevention services. We exist so that no person in Australia has to face their darkest moments alone.

24/7 Crisis Support

About this service

- Short-term support for people who are feeling overwhelmed or having difficulty coping or staying safe
- confidential one-to-one support with a trained Lifeline telephone crisis supporter

What we do during the call

- Listen without judgment
- Provide a safe space to discuss your needs, worries or concerns
- Work with you to explore options for support