

## Lifeline

 Phone  
13 11 14

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

 NDIS Supplier  
No

 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