



Mental health support is available

Lifeline	13 11 14
Beyond Blue	1300 22 46 36
Kids Helpline	1800 551 800
13 YARN	13 92 76
Transcultural Mental Health Line	1800 648 911

**For specialist mental health services call
the NSW Mental Health Line on 1800 011 511.**

Call Triple Zero (**000**) if you or someone you know
is in immediate danger.

