



IF YOU OR SOMEONE YOU KNOW NEEDS SUPPORT, HELP IS AVAILABLE

CRISIS SUPPORT

Lifeline

24/7

13 11 14

13 YARN

24/7

13 92 76

Kids Helpline

24/7

1800 55 1800

QLife

3-12pm

1800 184 527

LOCAL SUPPORTS

Wollongong Safe Haven

Wed-Sat 2-10pm

0401 561 164

55 Urunga Pde,

safe space for people in suicidal distress

Headspace Wollongong

02 4220 7660

12-25 year olds

StandBy Support After Suicide

24/7

1300 727 247

Thirrili Indigenous postvention service

24/7

1800 805 801

MORE SUPPORT OPTIONS:

www.suicidepreventioncollaborative.org.au/need-help/

