



CRISIS SUPPORT SERVICES

At Embrace Wellness Hub, we are committed to supporting and empowering our clients through individual and group therapy. While we do not provide emergency crisis support due to practical limitations, we understand that you may need urgent support outside of your sessions.

If you are experiencing a crisis, please contact these free services:

Lifeline

www.lifeline.org.au

13 11 14 - Mental health support 24 hours a day, 7 days a week

Text 0477 131 141 - Mental health support by text 6pm to midnight, 7 nights a week

Suicide Call Back Service

www.suicidecallbackservice.org.au

1300 659 467 - Mental health support 24 hours a day, 7 days a week

Open Arms

www.openarms.gov.au

1800 011 046 - Mental health support for current and former members of the Australian Defence Forces and their families 24 hours a day, 7 days a week

1300 MH Call

1300 64 22 55 - Crisis assessment and treatment team at your nearest public mental health service, available 24 hours a day, 7 days a week

Beyond Blue

www.beyondblue.org.au

1300 22 4636 - Information and advice 24 hours a day, 7 days a week

1800RESPECT

www.1800respect.org.au

1800 737 732 - Support for anyone experiencing family and domestic violence or sexual assault, available 24 hours a day, 7 days a week

MensLine Australia

www.mensline.org.au

1300 78 99 78 - Support for men 24 hours a day, 7 days a week

Kids Helpline

www.kidshelpline.com.au

1800 55 1800 - Support for young people aged 5 to 25, available 24 hours a day, 7 days a week

If you are feeling unsafe and need immediate support, please contact 000 or go to the Emergency Department at your nearest hospital.

