

E-Mental Health Program: Suicide Prevention

Suicide Prevention	Details	Cost	Age Criteria
beyondblue Suicide Support	https://www.beyondblue.org.au/get-support/get-immediate-support Beyond Blue provides support to people feeling suicidal which is available 24hrs by telephone (1300 224 636) as well as online counselling between 3pm and 12am.	Free	All ages
KidsHelpline	http://www.kidshelpline.com.au/ KidsHelpline provides access to phone, online and email counselling to people experiencing suicidal ideation. There is also a range of information available on topics such as anxiety, depression, dealing with conflict, sexuality, self-harm and suicide, and homelessness. Visit the site or call 1800 551 800 (24hrs, 7days)	Free	Ages 5-25yrs
Lifeline	https://www.lifeline.org.au/Get-Help/Online-Services/crisis-chat Lifeline provides support for people experiencing suicidal ideation. Support is available 24hrs by phone (131 114) and also online between 7pm and 4am.	Free	All ages
Suicide Call Back Service	https://www.suicidecallbackservice.org.au/ The Suicide Call Back Service provides counselling to people at risk of suicide, carers for someone who is suicidal and those bereaved by suicide. The service is available 7 days, 24 hours by telephone (1300 659 467) or online. There is also a number of resources available.	Free	Ages 15yrs+