



Microfirm Training

*Respond Revive Survive First Aid
Mental Health First Aid Trainer*

1300 278 868

www.microfirm.com.au

CRISIS SUPPORT SERVICES 24 Hours • 7 Days • Australia-Wide

 If you or someone else is in immediate danger, call 000

Crisis and Support Services Directory			
Service	Best For	Phone	Website
Immediate Crisis and Suicide Support			
 Lifeline	24/7 crisis support and suicide prevention	13 11 14	lifeline.org.au
 Suicide Call Back Service	24/7 counselling for people affected by suicide	1300 659 467	suicidecallbackservice.org.au
Mental Health and Wellbeing			
 Beyond Blue	Anxiety, depression and mental health support	1300 22 4636	beyondblue.org.au
 MensLine Australia	Mental health, relationships and wellbeing for men	1300 789 978	mensline.org.au
Children, Young People and Online Support			
 Kids Helpline (5–25)	Counselling for children and young people	1800 55 1800	kidshelpline.com.au
 ReachOut	Online mental health support for under-25s	Online support	au.reachout.com
Alcohol, Drugs, Family Violence and Community Support			
 Alcohol & Other Drugs Hotline	Alcohol and drug counselling and referrals	1800 250 015	Local state/territory AOD service
 Family Drug Support	Support for families affected by substance use	1300 368 186	fds.org.au
 1800RESPECT	Domestic, family and sexual violence support	1800 737 732	1800respect.org.au
 13YARN	Aboriginal and Torres Strait Islander crisis support	13 92 76	13yarn.org.au



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 StandBy – Support After Suicide	Support after suicide for individuals and communities	1300 727 247	standbysupport.com.au
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How to Use This Handout

- Choose the service that best matches the person's situation.
- If you are unsure, call Lifeline, Beyond Blue, or the NSW Mental Health Line for guidance.
- For learners or workers, they offer privacy and encourage them to contact support directly.
- Do not promise confidentiality if someone is at immediate risk of harm; call 000 if safety is urgent.
- After the immediate situation, encourage follow-up with a GP, counsellor, Employee Assistance Program, or local mental health service.

Important Reminder

This handout is a quick reference guide only. It is not a substitute for professional medical, counselling, legal or emergency advice.

If there is immediate danger or a risk of serious harm, call 000.