



ACT
Government

AFTER HOURS SUPPORT

- **Triple Zero:**
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- **Contact your GP**
- **Lifeline Australia:**
13 11 14
- **Lifeline Crisis Support Chat:**
www.lifeline.org.au/crisis-chat-r
- **Beyond Blue:**
1300 224 636
- **Suicide Call Back Service:**
1300 659 467
- **Kids Helpline:**
1800 551 800
- **Kids Helpline WebChat Counselling:**
kidshelpline.com.au/get-help/webchat-counselling
- **Headspace Canberra:**
02 5109 9700
- **MensLine Australia:**
1300 78 99 78
- **Canberra Health Services
Access Mental Health:**
1800 629 354

