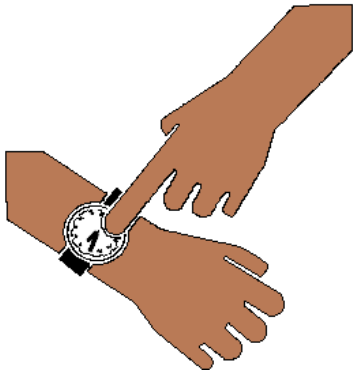
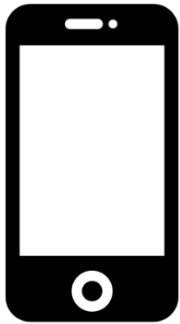


Go for help now



You need help **now**.

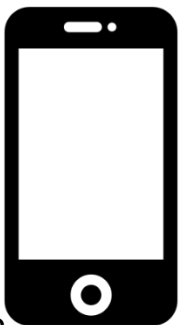


000

Call 000.



You do **not** know who to ask.



000

Call 000.



You are any age.

You may be a young adult. Like

- 20
- 25.



You may be an adult. Like

- 31
- 45.



You may be more than 55 years old.

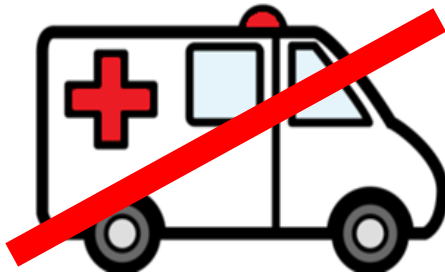
Like

- 58
- 75.



You need to talk.

But



It is **not** an emergency.



There are lots of places you can go.

You can

- call them
- go to their website.

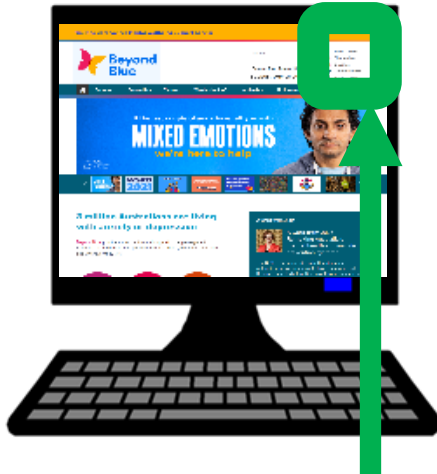


Beyond Blue



Call 1300 224 636.

Or



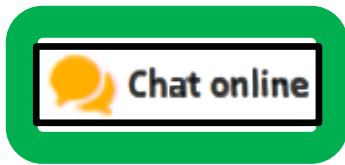
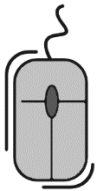
Website

www.beyondblue.org.au

Look for the tiny yellow pictures.

They are

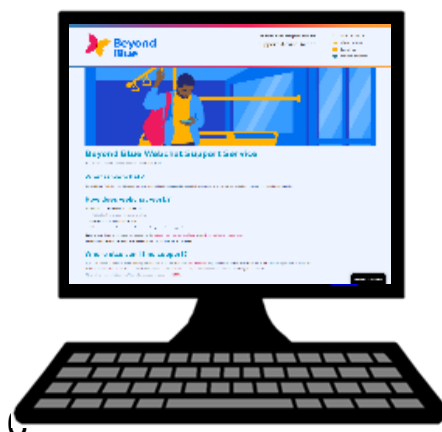
- at the top
- on the right.



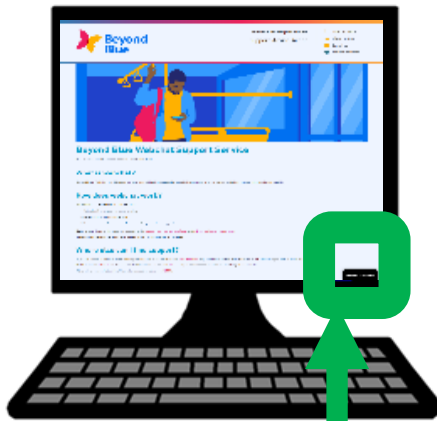
Look for the words

Chat online.

Click on it.

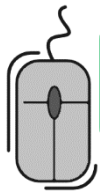


A new window opens.



Look for a small black box. It is

- at the bottom
- on the right.



Chat with a counsellor

Look for the words

Chat with a counsellor.

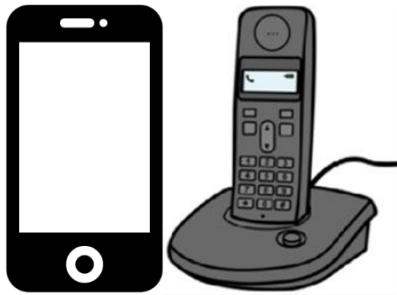
Click on it.



A box opens. It is

- at the bottom
- on the right.

You type what you want to say.



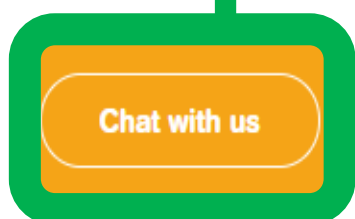
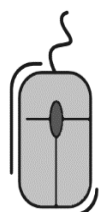
Call 13 11 14.

Or



Website

www.lifeline.org.au



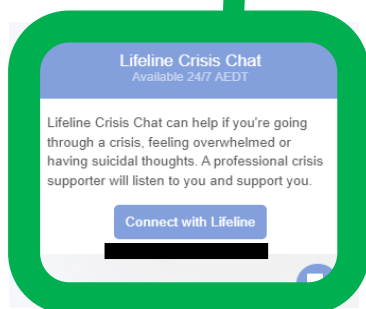
Look for the words

Chat with us.

Click on it.

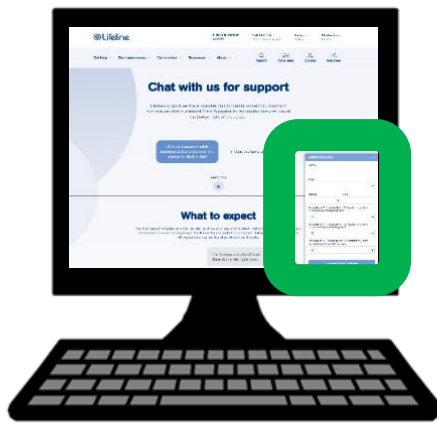


A new window opens.

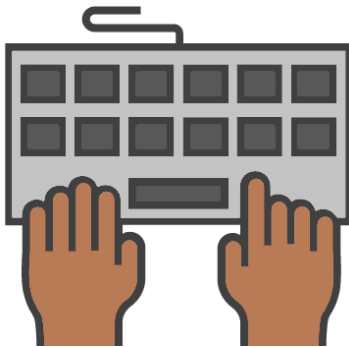


Click on

Connect with Lifeline.



A new box opens.



You type what you want to say.



The Samaritans



Call 135 247.

Or



Website

www.thesamaritans.org.au



Website

www.thinkmentalhealthwa.com.au

Look for the words

Emergency and support lines.

Click on it.



A new window opens.

There is a list of things.

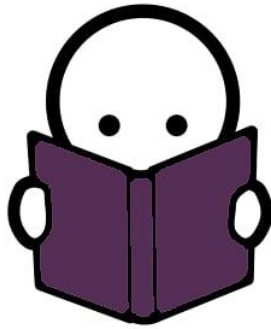


You choose the one that fits
your problem. Like you are a man.

There are services for men.

Look for the words **mens services**.

Look to the right. Click the **+** sign.



You want to know more



Read

How you feel. You are a young adult.

Or



How you feel. You are an adult.

Or



Read

How you feel. You are old.