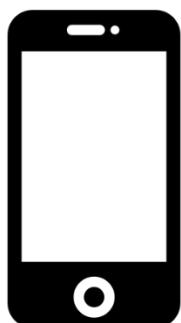


**Go for help now**



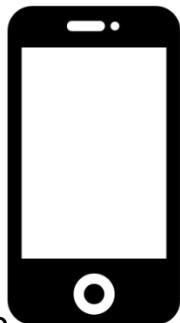
You need help **now**.



**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.

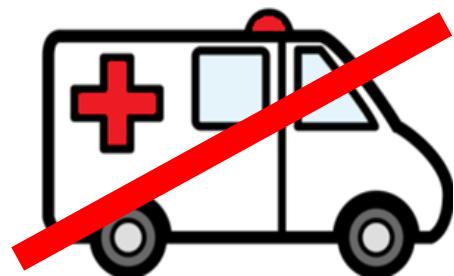
Like

- 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.

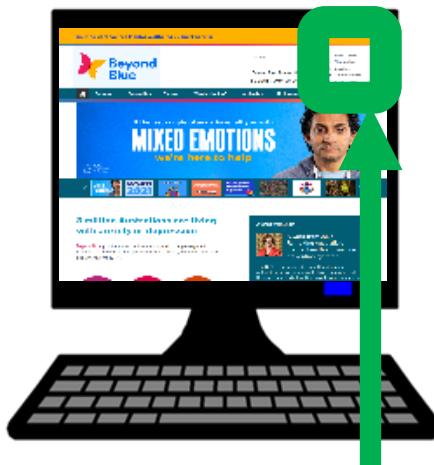


**Beyond Blue**



Call 1300 224 636.

**Or**



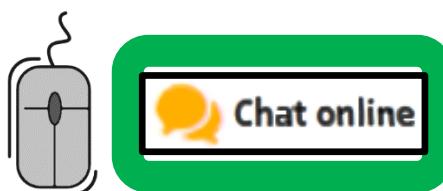
## Website

[www.beyondblue.org.au](http://www.beyondblue.org.au)

Look for the tiny yellow pictures.

They are

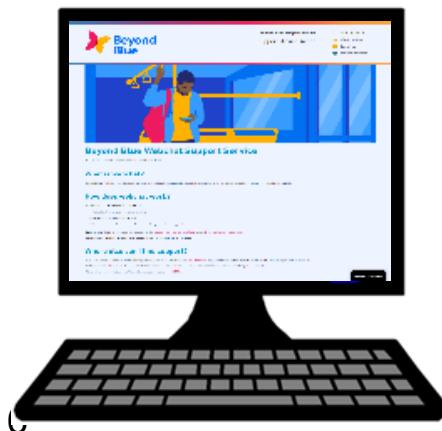
- at the top
- on the right.



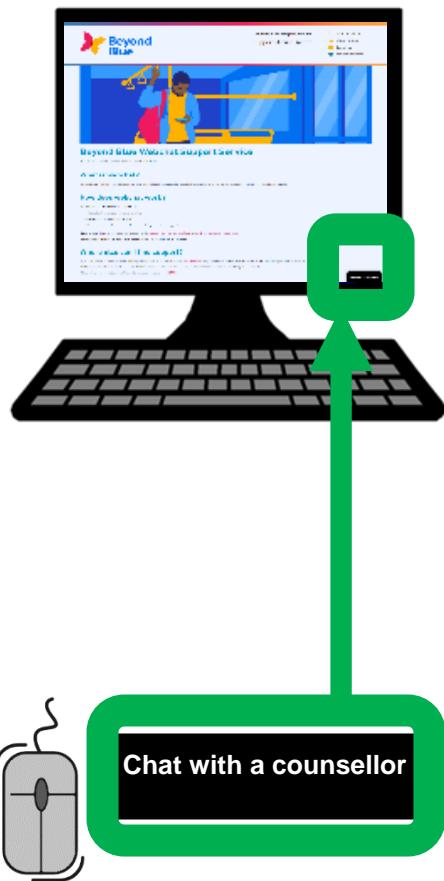
Look for the words

**Chat online.**

Click on it.



A new window opens.



Look for a small black box. It is

- at the bottom
- on the right.

Look for the words

**Chat with a counsellor.**

Click on it.



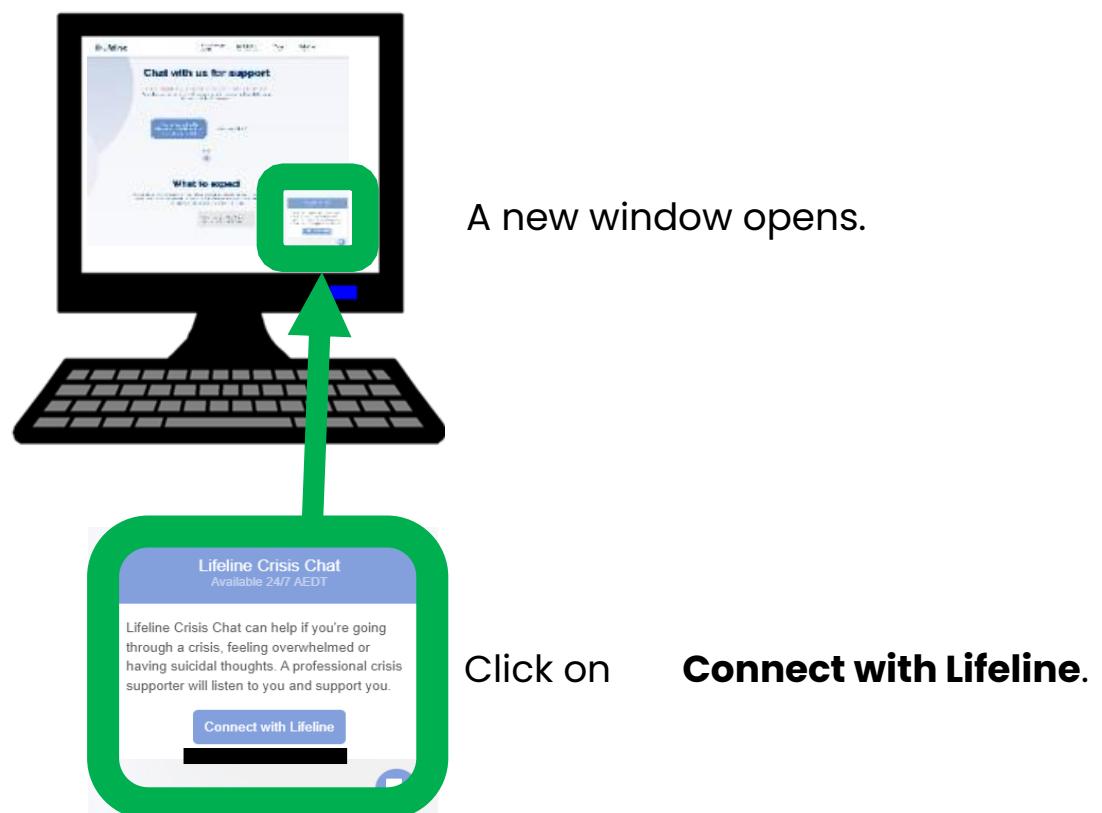
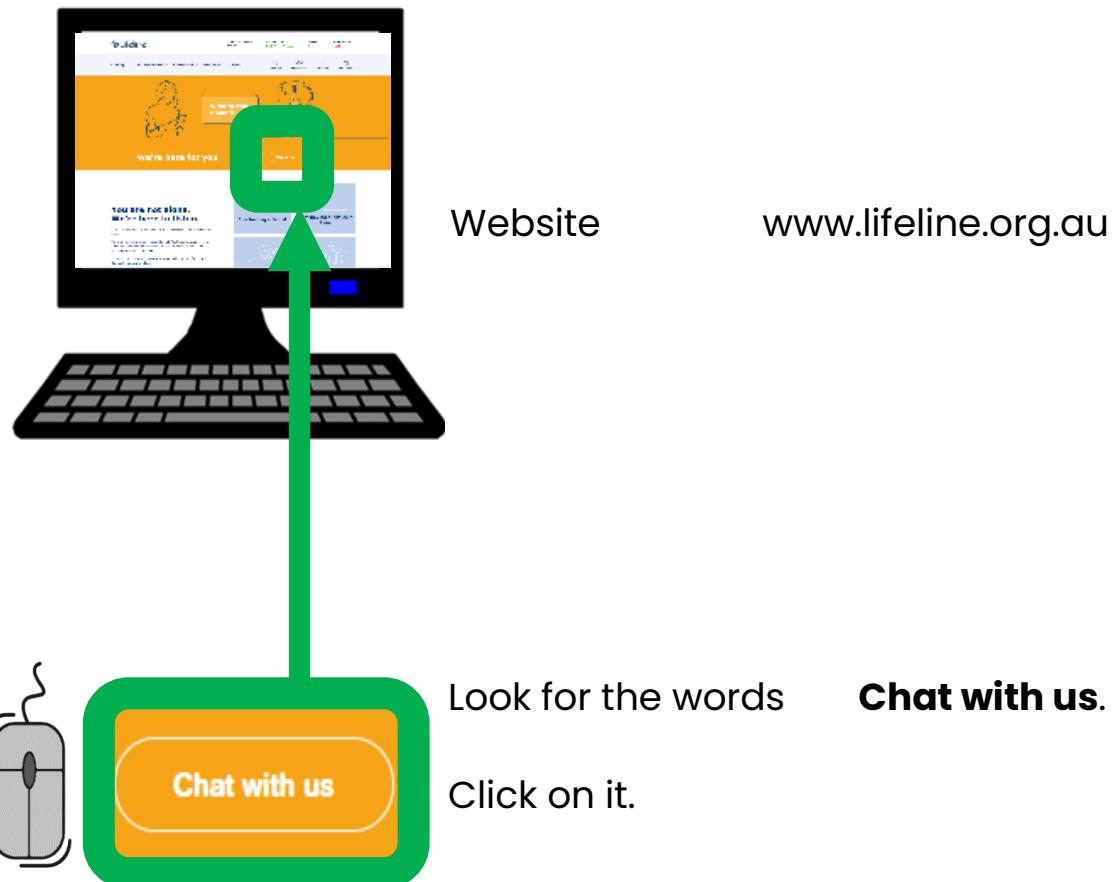
A box opens. It is

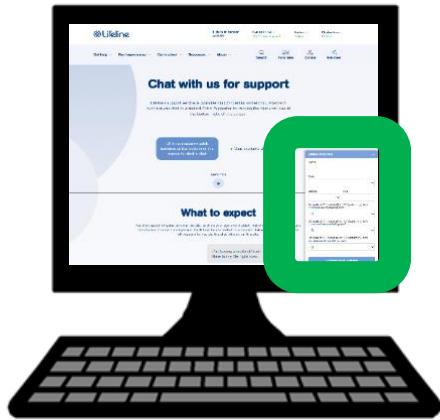
- at the bottom
- on the right.

You type what you want to say.

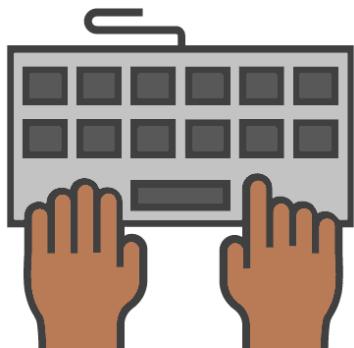


**Or**





A new box opens.



You type what you want to say.



Call 135 247.

Or



Website

[www.thesamaritans.org.au](http://www.thesamaritans.org.au)



Website

[www.thinkmentalhealthwa.com.au](http://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.



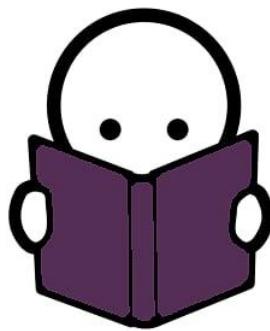
You choose the one that fits

your problem. Like you are a man.

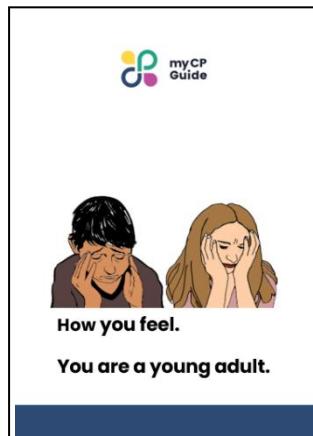
There are services for men.

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.**

