

CRISIS SUPPORT, AND COUNSELLING AND SUPPORT SERVICES

CRISIS SUPPORT

Lifeline (www.lifeline.org.au) – 13 11 14 (24/7 everyday)

Urgent Mental Health Care Centre (UMHCC) (www.umhcc.org.au)

The free service is open 24 hours a day, 7 days a week, with no referral required. You can walk in or call on 8448 9100 to let them know you're on your way

COUNSELLING AND SUPPORT SERVICES

- **QLife** Australia's national counselling and referral service for people who are lesbian, gay, bisexual, trans, and/or intersex ([www.qlife.org.au](http://www qlife.org.au)) – 1800 184 527 (3pm – midnight everyday)
- **BeyondBlue** (www.beyondblue.org.au) – 1300 22 4636 (24/7 everyday)
- **Thorn Harbour Health SA LGBTIQ+ Mental Health Service** for South Australian LGBTIQ+ community members aged 16 and above. Fill out their referral form at <https://thorneharbour.typeform.com/to/xauB6bVn>
- **Discharged:** alternative to suicide (<https://discharged.asn.au/>)