

**Take action to stay safe and connect  
to the supports that are right for you**



**DRAFT**  
beyondblue

# The Way Back Support Service



**1300 364 184**

(M-F 8.30am-5.00pm)

Need urgent assistance?

Dial 000 or go to a hospital emergency department.

**Mental Health Line (24 hrs)** 1800 011 511

**Lifeline (24 hrs)** 13 11 14

**Mens Helpline (24 hrs)** 1300 78 99 78

**Suicide Call Back Service (24 hrs)** 1300 659 467



Hunter  
**PRIMARY**  
CARE