



🏠 7 Warabrook Boulevard, Warabrook NSW 2304

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🌐 [hunterprimarycare.com.au](http://hunterprimarycare.com.au)

📘 @hunterprimarycare

*We listen. Care. Connect.*

## DROP-IN PEER SUPPORT FOR SUICIDAL CRISIS

**Newcastle Safe Haven Hub** 22 Stewart Ave,  
Hamilton East 2303 (4pm-9pm, Friday to Sunday)

## MENTAL HEALTH SERVICE REFERRALS & ADVICE

- For referral to NSW Health Mental Health Services
- Mental Health Line (24hrs): **1800 011 511**

## MENTAL HEALTH WEBSITES

- 🌐 [reachout.com.au](http://reachout.com.au) (young people and parents)
- 🌐 [headtohealth.gov.au](http://headtohealth.gov.au)
- 🌐 [kidshelpline.com.au](http://kidshelpline.com.au) (young people 5 – 25 yrs)
- 🌐 [headspace.org.au](http://headspace.org.au) (young people 12 – 25 yrs)
- 🌐 [beyondblue.org.au](http://beyondblue.org.au)
- 🌐 [lifeline.org.au](http://lifeline.org.au) (chat 24hrs)
- 🌐 [mensline.org.au](http://mensline.org.au)
- 🌐 [qlife.org.au](http://qlife.org.au) (LGBTIQIA+ chat 3pm–12am)

## CONTACTS



## IN A CRISIS OR EMERGENCY

☎ Triple Zero (000)

📍 Attend the Emergency  
Department of your local hospital.

## CRISIS SUPPORT PHONE SERVICES

All services available 24 hours, 7 days a week

- **Suicide Call Back Service: 1300 659 467** 15 yrs +
- **Lifeline: 131 114** All ages
- **Beyond Blue: 1300 224 636** All ages
- **Mensline Australia: 1300 789 978** All ages
- **Kids Help Line: 1800 55 1800** 5 - 25 years
- **13YARN: 13 92 76** First Nations people

## SAFETY PLANNING APP

**BeyondNow** – create a personalised safety plan:  
available on Google Play, Apple Store and online

## TEXT, ONLINE CHAT AND EMAIL SUPPORT

☎ **Lifeline Text 0477 13 11 14** 6pm - midnight,  
7 days a week

🌐 **suicidecallbackservice.org.au** 24 hours,  
7 days a week

SCAN THE QR CODE  
TO ACCESS YOUR E-CARD

