

do you need urgent help?

headspace is not an emergency service.

If you are hurt, you are worried about someone's safety, or you need immediate support please call 000 (Ambulance, Police, Fire Brigade) or present to your local emergency department.

If you need to speak to someone urgently, contact the following local emergency services:

Women's and Children's Hospital Emergency Department (under 18 years old): (08) 8161 7044

Mental Health Triage (over 16 years old): 13 14 65

You can also contact Lifeline: 13 11 14 or Kids Helpline: 1800 55 1800