

# BE A MATE

- IT'S WORTH IT

## Finding help - Support services

**If your life is in danger or you're concerned for your own or someone else's safety, please call 000.**

If you're finding life tough or need some extra support, it can help to talk with someone you trust.

You and your loved ones can find support by contacting your local doctor or one of these support services below for advice on what to do next.

### **Beyond Blue (24/7)**

1300 224 636  
[beyondblue.org.au](http://beyondblue.org.au)

### **Lifeline (24/7)**

13 11 14  
[lifeline.org.au](http://lifeline.org.au)

### **ReachOut**

**(Help with tough times for  
14-25 year olds and their parents)**  
[au.reachout.com](http://au.reachout.com)

### **Mensline**

**(support over the phone  
or online for men)**  
1300 78 99 78  
[mensline.org.au](http://mensline.org.au)

A few  
more

### **More contacts**

[ruok.org.au/findhelp](http://ruok.org.au/findhelp)

Proudly supported by



Learn more  
[ruok.org.au/be-a-mate](http://ruok.org.au/be-a-mate)

**RU OK?**<sup>TM</sup>  
A conversation could change a life.