

## Crisis Phone Numbers

Discovering Strength is not a crisis service, but we have put together a list of numbers that you can call in a crisis situation:

- **Emergency - fire / police / ambulance:** 000 (triple zero)
- **Kids helpline:** 1800 55 1800
- **Parent line:** 13 22 89 (8am to midnight)
- **lifeline:** 13 11 14
- **Reachout:** reachout.com.au
- **CAREinMIND Wellbeing Service:** 1300 096 269
- **Beyondblue:** 1300 224 636
- **Suicide Call Back Service:** 1300 659 467
- **eheadspace (12-25-year olds):** [eheadspace.org.au](http://eheadspace.org.au) or 1800 650 890