

Crisis + Mental Health Support

You Are Not Alone – Help Is Available 24/7

If you or someone you work with is impacted by crisis, grief, or suicide, free and confidential support is available:

Immediate Emergency

Call **000**

Or **112** from a mobile

24/7 Support Services

Lifeline

13 11 14

lifeline.org.au

Crisis support anytime, day or night

Beyond Blue

beyondblue.org.au

Mental health support, grief guidance & workplace resources

Suicide Call Back Service

suicidecallbackservice.org.au

Free phone, video & online counselling

Griefline

griefline.org.au

Support for grief from sudden or traumatic loss

StandBy Support After Suicide

standbysupport.com.au

Support for people bereaved or impacted
Workplace debriefing & crisis response

For Workplace Leaders & Managers

Suicide Prevention Australia

suicidepreventionaust.org

Guides, checklists & postvention support

MINDframe

mindframe.org.au

Safe communication guidelines after suicide

Free Healthy Mind Menu Support Cards

Download or order your free crisis & wellbeing cards anytime:

www.healthy mind menu.org.au

These resources help hospitality teams respond safely and confidently during crisis, grief, or high-stress situations.