

RECOMMENDED ONLINE SUPPORT RESOURCES

StandBy Support After Suicide

- 24/7 support for anyone bereaved or impacted
- Workplace debriefing available
- Free resources + crisis response plans

standbysupport.com.au

Suicide Prevention Australia

- Guides, checklists, postvention principles, and manager support

www.suicidepreventionaust.org

Beyond Blue

- Practical guidance on grief reactions
- What to say and not say
- How to support colleagues
- Free resources for managers

beyondblue.org.au

Lifeline

- 24/7 phone crisis line (13 11 14)
- Digital resources for workplaces
- Information on navigating trauma and crisis

lifeline.org.au

Suicide Call Back Service

- Free counselling for people impacted by suicide
- Phone, video, and online chat

suicidecallbackservice.org.au

RECOMMENDED ONLINE SUPPORT RESOURCES

Griefline

- Individual phone support
- Grief insights specific to sudden loss and traumatic death

griefline.org.au

MINDframe

- National Guidelines for Safe Communication
- How to safely communicate about suicide
- What should (and shouldn't) be communicated internally
- Helps reduce harm and risk

mindframe.org.au

In a medical or mental health emergency, call 000 or 112 on a mobile phone

ACCESS YOUR FREE SUPPORT CARDS

You can download and print or order physical Healthy Mind Menu Support Cards anytime through our website.

These free resources are designed to help hospitality teams respond safely and confidently during moments of crisis, grief or stress.

Visit
www.healthymindmenu.org.au

HEALTHY HOSPITALITY

Let's put mental health on the menu!

- 📍 Back of House, Front of Mind Podcast
- 🌐 healthymindmenu.au
- 📱 @healthymindmenu



HELPFUL RESOURCES

Lifeline
lifeline.org.au
13 11 14

Beyond Blue
beyondblue.org.au
1300 22 4636

SANE Helpline
sane.org
1800 187 263

Suicide Call Back Service
suicidecallbackservice.org.au
1300 659 467

headspace
headspace.org.au
1800 650 890

Mental Health Emergency Response Line
Metro 1300 555 788
Peel 1800 676 822

In a medical or mental health emergency,
call 000 or 112 on a mobile phone.

