

ALG Counselling Service – 24/7 Emergency Numbers

ALG Counselling Service is not a crisis or emergency service. If you are in an emergency or a crisis and require urgent assistance, please contact your local emergency services immediately.

Emergency Services (dial: 000) or go to your nearest Emergency Department.

The following helplines provide telephone crisis support and counselling 24 hours a day:

- Lifeline
 - ⇒ ph. 13 11 14
 - ⇒ www.lifeline.org.au
- The Suicide Call Back Service
 - ⇒ ph. 1300 659 467
 - ⇒ <https://www.suicidecallbackservice.org.au/>
- National Sexual assault, Domestic Violence and Family Violence Counselling Service
 - ⇒ ph. 1800 737 732
 - ⇒ <https://www.1800respect.org.au/>

The following crisis numbers for each state (in Australia) are also available for you to contact:

New South Wales - Mental Health Help Line: 1800 011 511

Queensland - Health Advice: 13 HEALTH (13 43 25 84)

Victoria - Suicide Help Line: 1300 651 251

Western Australia - Mental Health Emergency Response Line

- 1800 676 822 (PEEL)
- 1300 555 788 (Metro)

Other resources that can assist:

Beyondblue

www.beyondblue.org.au

ph. 1300 22 4636

Beyondblue is a national organisation that has a range of information and resources associated with mental health. The Support Service runs 24 hours a day, seven days a week. All calls are one-on-one with a trained mental health professional, and completely confidential.

Head to health

<https://headtohealth.gov.au/>

Head to Health provides links to trusted Australian online and phone supports, resources and treatment options. Provided by the Australian Department of Health, Head to Health brings together apps, online programs, online forums, and phone services, as well as a range of digital information resources.

The ALG Counselling Service

<https://alg.edu.au/counsellingservice/>

Provides up to three free visits in any 12-month period with the purpose of students being referred onto relevant professional services for ongoing support. The counsellor is not a student advocate, and such is unable to manage student education or administrative processes or requests.