

Whether you
need some
extra support
for you



**FEDERATION
COUNCIL**

nswmentalhealthcommission.com.au
ruok.org.au

This was co-developed by
NSW council staff in customer
facing roles. Funded by the Mental
Health Commission of NSW in
collaboration with R U OK?

Or help
supporting
others

Our council cares

**Mental Health
Commission**
of New South Wales

RUOK?
A conversation could change a life.

"Sometimes we
all need a hand
managing life's
ups and downs"



1. Ask R U OK?



2. Listen



**3. Encourage
action**



4. Check in

There are
free national,
state and
local services
available

Get in touch to talk
about how you're feeling
or as a sounding board
to talk through how
you're supporting
someone you know.

Lifeline (24/7)

13 11 14

www.lifeline.org.au

Suicide Call Back Service (24/7)

1300 659 467

www.suicidecallbackservice.org.au

Beyond Blue (24/7)

1300 224 636

www.beyondblue.org.au

Mensline (24/7)

1300 78 99 78

www.mensline.org.au

Kids Helpline (24/7)

1800 551 800

www.kidshelpline.com.au

1800RESPECT (24/7)

1800 737 732

www.1800respect.org.au

Mental Health Line (24/7)

1800 011 511

Alcohol and Drug Info

Service (24/7)

1800 250 015

www.yourroom.com.au

**Open Arms Veterans and
Families Counselling (24/7)**

1800 011 046

www.openarms.gov.au

Gambling Help NSW (24/7)

1800 858 858

www.gamblinghelponline.org.au

QLife (3pm – midnight daily)

LGBTI peer support & referral

1800 184 527

www.qlife.org.au

**Relationships Australia
(9am – 5pm weekdays)**

1300 364 277

www.relationshipsnsw.org.au

Mental Health Carer Helpline

(9am – 4.30pm weekdays)

1300 554 660

www.mentalhealthcarersnsw.org

National Debt Hotline

(9.30am – 4.30pm weekdays)

1800 007 007

www.ndh.org.au

Other local
supports or
services

Amaranth Foundation

02 6033 1738

Hume Riverina Community Legal Service 02 6055 8090

MLHD Community Intake Service 1800 645342

Intereach

1300 488 226

Kismet Therapeutic Counselling 0467 210 190

St Vincent De Paul (Corowa)

041 7119 820