

Whether you
need some
extra support
for you

Or help
supporting
others



Burwood

Inc.1874

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?

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
