



If you are worried about your mental health, please reach out to a service below:

**24-HOUR SERVICE:**

**Lifeline** 13 11 14  
**Suicide Call Back Service** 1300 659 467  
**QLife (3pm to midnight)** 1800 184 527

**LOCAL SERVICE:**

**Working it Out** (03) 6231 1200

ONLINE INFORMATION AND SUPPORT:

[QLife.org.au](http://QLife.org.au)

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