



# Help when you need it.

Call 1300 651 251  
[suicideline.org.au](http://suicideline.org.au)

**Free professional support  
across Victoria.**

SuicideLine Victoria is a  
24/7 telephone and online  
counselling service for people  
impacted by suicide and  
for anyone experiencing  
mental health issues.



@suicidelinevic



@suicideline



@suicidelinevictoria

# **SuicideLine Victoria is a free telephone and online counselling service offering professional support to people aged 15 years and over.**

## **Thinking about suicide?**

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Feeling suicidal is painful, but it's not something you have to bear alone. If you're feeling overwhelmed, reaching out is an important first step towards getting the help you need.

## **Worried about someone?**

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Realising that someone you care about is feeling suicidal can be upsetting and stressful. Our professional counsellors can help.

## **Bereaved by suicide?**

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Bereavement after a suicide can be complicated. As well as feeling grief, you may feel guilty and angry. Our counsellors can help someone who is struggling with the loss of someone to suicide.

## **Experiencing mental health issues?**

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Issues like depression and anxiety can escalate if left unattended. Our counsellors can help with resilience and coping strategies.

**Whatever you're going through, SuicideLine Victoria can help.**

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SuicideLine Victoria is supported by the Victorian Government and is delivered by Lifeline.