SuicideLine Victoria

Help when you need it.

Call 1300 651 251
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?

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?

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

Bereaved by suicide?

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?

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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Lifeline

VICTORIA State Government

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