



Pictured here are examples of some of the Act Belong Commit signage and resources available.

To obtain a full list or become a partner, please contact us via this link:
<https://actbelongcommit.com.au/contact/>

Where to get help



actbelongcommit.org.au

Lifeline - 13 11 14
Suicide Call Back Service - 1300 659 467
Crisis Care - 1800 199 008
Samaritans 24/7 Crisis Line - 135 247
24/7 Mental Health Emergency Response Line - 1300 555 788 (Metro) | 1800 676 822 (Perth)
Ruralink - 1800 552 002
Beyond Blue - 1300 224 636
TIS National - 131 450 | tisonational.gov.au (translating & interpreting support)

Where to get help Youth



actbelongcommit.org.au

Kids Helpline - 1800 551 800
Youth Beyond Blue - 1300 224 636 | youthbeyondblue.com
headspace - 1800 650 890 | headspace.org.au
ReachOut website - au.reachout.com
Samaritans Youthline WA - 1800 198 313