Talk it through with us, we'll point you in the right direction.

beyondblue.org.au/getsupport

1300 22 4636
Beyond Blue Support Service

If you, or someone you know is experiencing anxiety or depression or just going through a tough time, you can talk it through with us.

Our trained mental health professionals will listen, provide information, advice and brief counselling, and point you in the right direction so you can seek further support.

Three ways to contact us

1300 22 4636
24 hours a day, 7 days a week

Email us
Get a response in 24 hours

Chat online
3pm to 12am (AEST)
7 days a week

www.beyondblue.org.au/getsupport