

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



 1300 22 4636

 Email or  chat to us online at

[www.beyondblue.org.au/getsupport](http://www.beyondblue.org.au/getsupport)

# ***beyondblue* 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 are there to listen, offer information and advice and point you in the right direction so you can seek further support.

(Local call costs from a landline – it could be more from a mobile.)

## **Three ways to contact us**



### **Call**

**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](http://www.beyondblue.org.au/getsupport)**