

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



1300 22 4636



[beyondblue.org.au/getsupport](https://beyondblue.org.au/getsupport)

# 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



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