



# PLACES TO CALL IF YOU NEED HELP

**LIFELINE**

13 11 14

**BEYOND BLUE**

1300 22 4636

**1800 RESPECT**

1800 737 732

**HEADSPACE**

1800 650 890

**MINDSPOT**

1800 61 44 34

**KIDS HELPLINE**

1800 55 1800

**NATIONAL  
DEBT HELPLINE**

1800 007 007

**NATIONAL  
CORONAVIRUS  
HELPLINE**

1800 020 080



**Bedford**

**Reach out to us or one of these  
resources if you need help!**