



**headspace**

National Youth Mental Health Foundation

**we've got your  
back when life  
isn't always  
glitter and  
rainbows**





# emergency assistance

If you are in an emergency situation or need immediate assistance, contact mental health services or emergency services on 000.

If you need to speak to someone urgently, call Lifeline 13 11 14 or Suicide Call Back Service 1300 659 467.

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