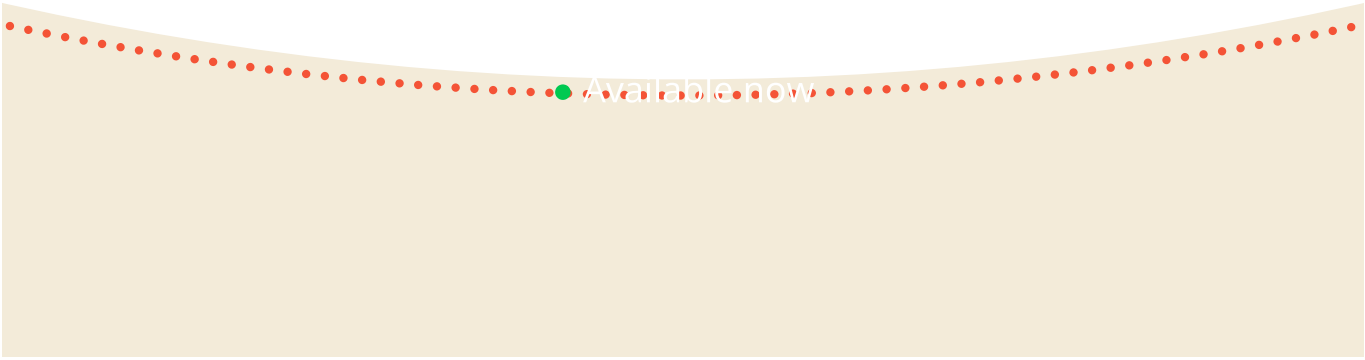
Crisis Support



What to expect

We are Australia's largest crisis support service, here to ensure you'll never face your toughest moments alone. Our service is confidential and you'll be connected to a trained Lifeline crisis supporter who will be there to listen, without judgement.

About the service

We offer confidential one-to-one, short-term support with a trained Lifeline crisis supporter for people who are feeling overwhelmed or having difficulty coping.

How we can help

We listen without judgement and provide a safe space to discuss your needs, worries or concerns. We will work with you to explore options for support.

Call us anytime

The Lifeline phone service is available 24/7, to anyone in Australia.

Important information

Language translation services

If you don't speak English, or have trouble speaking and/or hearing, please follow this link.

Terms of use

Please read our terms of use. By using this service, you accept these terms.

Charter of rights

You can expect safe, person-centred support from Lifeline. To learn more about your rights, follow this link.

Call us
13 11 14

Chat with us
Available 24/7

Text us

0477 13 11 14

Help starts here

Support looks different for everyone. Use the drop down bar to find what feels right for you.

How can we help?