



Northern Beaches Suicide Response

The Steering Group of the Northern Beaches Suicide Response is made up of key agencies including Council, Police, community services and representatives with lived experience. A range of activities and events are being coordinated including suicide intervention training, information sessions as well as driving improvements to the service system.

Get involved

To get involved or learn how to better equip yourself with the knowledge to support others, visit Council's website.

For more information visit
northernbeaches.nsw.gov.au

Reach out to those you think may be struggling

1. Ask directly if they're thinking about suicide
2. Listen and stay with them
3. Get help. Call Lifeline, or if life is in danger call 000
4. Look after yourself. Talk to a friend or Lifeline

Get help now

Emergency	000
Lifeline	13 11 14
Lifeline Text (6pm-midnight)	0477 13 11 14
MensLine	1300 789 978
Suicide Call Back Service	1300 65 94 67
NSW Mental Health Line	1800 011 511
Kids Help Line	1800 55 1800
Beyond Blue online chat	beyondblue.org.au



northern
beaches
council



phn
northern beaches
community services

 **SYDNEY NORTH**
Health Network

ccnb
community care & wellbeing

 **Lifeline**
New South Wales