



Suicide prevention resources

Defence Member and Family Support



[Lifeline](#) provides 24 hour crisis support on 13 11 14. The website also provides a range of mental health related self-help resources and a search directory to find mental health services in your local area and links to local Lifeline Centres.

[Suicide Prevention Australia](#) provides links and referrals to suicide prevention helplines and services throughout Australia.

The [Suicide Call Back Service](#) is an information and referral to assist people at risk of suicide, their carers, and people bereaved by the suicide of a loved one. Call 1300 659 467.

[Living is for Everyone](#) provides information, activities and resources for people across the community who are involved in suicide and self-harm prevention activities.

[SANE Australia](#) is a national charity helping all Australians affected by mental illness, by campaigning, educating and researching.

[Healthymale.org](#) raises awareness of men's health, particularly by encouraging men to get regular health checks.

[SuicideLine](#) is available throughout Victoria 24 hours a day, seven days a week, providing information on why a person becomes suicidal, helping someone who is suicidal, what to do in an emergency and how to cope with a death by suicide.

Defence Member and Family Support offers a wide range of support services to ADF members and their families.

For more information on this factsheet and other DMFS services visit our website or contact the all-hours Defence Member and Family Helpline.



1800 624 608



memberandfamilyhelpline@defence.gov.au



defence.gov.au/members-families



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