

Support During the Holiday Season



01.

The holiday season can feel especially challenging for those who mourn the loss of a loved one.

Memories, traditions, and the weight of grief can make this time of year harder to bear. If you're struggling, remember you don't have to go through it alone. Reach out to support services and caring professionals who are here to listen and help you navigate the season with compassion and understanding.

StandBy Support After Suicide can help.



02.

Support Service 24/7

For people who need support with depression, anxiety or suicidal thoughts:

- [Lifeline](#) Call 13 11 14, [SMS 0477 13 11 14](#) or [chat online](#).
- [Suicide Call Back Service](#) Call 1300 659 467.
- [Beyond Blue](#) Call 1300 22 4636 or [chat online](#).
- [MensLine Australia](#) Call 1300 78 99 78, or [chat online](#).
- [Kids Helpline](#) Call 1800 55 1800 (specifically for children and young people aged 5 – 25)
- [StandBy Support After Suicide](#) Call 1300 727 247, [SMS 0428 842 041](#) (6am – 10pm, 7 days per week)
- [Head to Health](#) Call 1800 595 212. (Monday to Friday 8:30am-5:00 pm)

03.

For Aboriginal and Torres Strait Islander People:

- [13YARN](#) Call 13 92 76
- [Thirriili](#) Call 1800 805 801. Provides support to Aboriginal and Torres Strait Islander peoples after a suicide or other fatal critical incidents.

04.

For LGBTIQ+ people:

- [QLife](#) Call 1800 184 527.

05.

If you're feeling lonely:

- [Friendsline](#) Call 1800 424 287

06.

For veterans and their loved ones:

- [Open Arms](#) Call 1800 011 046