

# Should you need support after today's workshop:

- Speak to your manager or a colleague
- Contact Employee Assistance Program Ph: 1300 084 847
- Lifeline Ph:13 11 14
- Beyond Blue Ph: 1300 224 636
- Suicide line Ph: 1300 651 251
- Suicide Call back number Ph: 1300 659 467  
24/7 referral line for people at risk of suicide, people caring for someone who is suicidal, or people bereaved by suicide.  
The service offers six 50-minute telephone counselling sessions to people over 18 years, and up to two call-backs to professionals.
- Mental Health Advice Line Ph: 1300 60 60 24