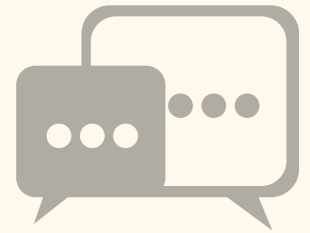


THE FLAWED JOURNEY

SUPPORTS AVAILABLE



Crisis Lines - NSW



Beyond Blue 1300 224 636

Available: 24 hours / 7 days a week

Chat online on [BeyondBlue.org.au](https://www.beyondblue.org.au): 1pm-12am/ 7 days a week

Lifeline 131 114

Available: 24 hours / 7 days a week

Lifeline Text: 0477 13 11 14 available from 12pm-12am/7 days a week

Chat online on [Lifeline.org.au](https://www.lifeline.org.au): available from 7pm-12am/7 days a week

NSW Mental Health Line 1800 011 511

Available: 24 hours / 7 days a week

Suicide Call Back Services 1300 659 467

Available: 24 hours / 7 days a week

Chat online on [Suicidecallbackservice.org.au](https://www.suicidecallbackservice.org.au): available 24 hours / 7 days a week

ADIS- Alcohol and Drug Information Support 1800 250 015

Available: 24 hours / 7 days a week

Blue Knot Helpline (Childhood Trauma) 1300 657 380

Available: Mon-Friday 9am-5pm

Butterfly Foundation (Eating Disorder Support) 1800 334 673

Available: 8am-12pm 7 days a week

Mindspot 1800 614 134

Available: 8am-8pm Mon-Fri and 8am-6pm Sat

Mensline Australia 1300 789 978

Available: 24 hours / 7 days a week

Chat online on [MenslineAustralia.org.au](https://www.menslineaustralia.org.au): available 24 hours / 7 days a week

QLife (LGBTQI Support) 1800 184 527

Available: 3pm-12am 7 days a week

Chat online on [qlife.org.au](https://www.qlife.org.au): available 3pm-12am 7 days a week

