



Help when you need it.

Call 1300 651 251
suicideline.org.au

**Free professional support
across Victoria.**

SuicideLine Victoria is a 24/7
telephone and online counselling
service for those at risk and
vulnerable.



SuicideLine Victoria is a telephone and online counselling service offering professional support to people at risk of suicide, concerned about someone at risk, or bereaved by suicide.

Thinking about suicide?

Feeling suicidal is painful, but it's not something you have to bear alone. If you're feeling overwhelmed, reaching out is an important first step towards getting the help you need.

Worried about someone?

Realising that someone you care about is feeling suicidal can be upsetting and stressful. Our professional counsellors can help.

Bereaved by suicide?

Bereavement after a suicide can be complicated. As well as feeling grief, you may feel guilty and angry. Our counsellors can help someone who is struggling with the loss of someone to suicide.

Whatever you're going through, SuicideLine Victoria can help.

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SuicideLine Victoria is funded by the Victorian Government Department of Health and Human Services and is delivered by **On the Line**.