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read the signs
A free Lifeline training program for men
Help a mate. Make a difference. [MORE INFO](#)

I pay my respects to the traditional custodians across the lands in which we work, and acknowledge their elders past, present and future.

Crisis line is available 24/7 on 13 11 14

The Lifeline Text line is available 12pm to 6am on 0477 13 11 14

The online chat is available 12pm to 6am by going to this site

<https://www.lifeline.org.au/crisis-chat/>

Training, financial counselling suicide prevention service details can be found on our website here: <https://www.lifelinemacarthur.org.au/>

Tool kits on various topics can be found here:

<https://www.lifelinemacarthur.org.au/toolkits> these also include some toolkits

on getting through extreme climate events and coping with loss and change in the community after a natural disaster.