

National Hope Line

1300 HOPE LINE
1300 467 354

24 hours | 7 days a week



National Hope Line

Do you need immediate help?

If you have lost a loved one by suicide, we can help. Please call the National Hope Line and talk to one of our trained telephone counsellors.

You may be overwhelmed by different emotions, some of them all at once: denial, shock, confusion, guilt, anger or pain. It is important to realise that you can SURVIVE the pain. There may be times when you don't think you can, but hope makes it possible.

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For More Information

W www.suicideprevention.salvos.org.au

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P 02 9356 2120

