



Blue Card Services

Working together to keep kids safe

Crisis Support

If you or someone you know is feeling worried or down, there are people ready to listen and help. There is a safe place to talk and tell your story. No shame or judgement. There are people to support you.

LIFELINE (13 11 14) is available 24 hours, 7 days for anyone across Australia who is experiencing a personal crisis, contemplating suicide or caring for someone in crisis. Regardless of age, gender, ethnicity, religion or sexual orientation, trained Crisis Supporters are ready to listen without passing judgement and to provide support and referrals.



Online chat www.lifeline.org.au/crisis-chat or text 0477 13 11 14

For more information, call **Blue Card Services** on **1800 113 611** or **3211 6999**, Monday to Friday, or email **info@bluecard.qld.gov.au** or visit **www.qld.gov.au/bluecard**



**Queensland
Government**