

Jewish Care  
*You are in good hands*



# Jewish suicidepreventionstrategy



*Whoever saves a single life, saves the world entire (Talmud)*

## **24 hour crisis services**

**Police and Ambulance Emergency** 000

**From a mobile** 112

**Hatzolah** (Eastern Suburbs only) 9371 2222

**Lifeline** 13 11 14

**Jewish House** 1300 544 357

**Suicide Call Back Service** 1300 659 467

**Kids Helpline** (5-25 years) 1800 551 800

**Mensline Australia** 1300 789 978

**1800RESPECT** (National Sexual Assault and Domestic Violence counselling service) 1800 737 732

**Poisons Information Centre** 13 11 26

**24 hour Mental Health Line** 1800 011 511

## **Counselling and support services**

**JewishCare** 1300 133 660

**Jewish House** 1300 544 357

**Chessed Bereavement Service** 1300 133 660

**SANE** 1800 187 263

**GriefLine** 1300 845 745

**Carers NSW** 1800 242 636

**QLife** 1800 184 527

**Alcohol and Other Drugs Information Service (ADIS)**

9361 8000

**beyondblue Information Line** 1300 224 636

## Websites & Resources

**JewishCare:** [www.jewishcare.com.au](http://www.jewishcare.com.au)

**Jewish House:** [www.jewishhouse.org.au](http://www.jewishhouse.org.au)

**Suicide Prevention Australia:** [www.suicidepreventionaust.org](http://www.suicidepreventionaust.org)

**Lifeline:** [www.lifeline.org.au](http://www.lifeline.org.au)

**Suicide Call Back Service:** [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

**Kids Helpline:** [www.kidshelp.com.au](http://www.kidshelp.com.au)

**beyondblue:** [www.beyondblue.org.au](http://www.beyondblue.org.au)

**Black Dog Institute:** [www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)

**Headspace:** [www.headspace.org.au](http://www.headspace.org.au)

**Emergency App:** <http://emergencyapp.triplezero.gov.au/>

**R U OK?** [www.ruok.org.au](http://www.ruok.org.au)

**Suicide Impacting Me** monthly support group – for more info  
contact: [familyandfriends@jewishcare.com.au](mailto:familyandfriends@jewishcare.com.au)



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