

Talk it through with us,
we'll point you in the
right direction



 1300 22 4636

 beyondblue.org.au/getsupport

Beyond Blue Support Service

If you, or someone you know is experiencing anxiety or depression or just going through a tough time, you can talk it through with us.

Our trained mental health professionals will listen, provide information, advice and brief counselling, and point you in the right direction so you can seek further support.

Three ways to contact us



1300 22 4636

24 hours
a day, 7 days
a week



Email us

Get a
response
in 24 hours



Chat online

3pm to 12am
(AEST)
7 days a week



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