

## WHAT TO DO & WHO TO CALL

When a young person aged 12+ on the Northern Beaches is in danger of suicide

- Breathe - stay calm
- Ask questions
- Reassure them
- Get support
- Phone any of these numbers  
**DO NOT DELAY**

**LIFELINE** 13 11 14  
**MENTAL HEALTH LINE** 1800 011 511  
**KIDS HELPLINE** 1800 55 1800  
**PARENTLINE** 1300 1300 52

