

# #IHMayDay16

## How to find help and more information

- If you need to talk to someone, help is available at Lifeline on 131 114 or [online](#). Alternatively you can call the [Suicide Call Back Service](#) on 1300 659 467.
- For young people 5-25 years, call [kids help line](#) 1800 55 1800
- For resources on social and emotional wellbeing and mental health services in Aboriginal Australia, see [here](#).
- The NACCHO app for finding your local community controlled health service: <http://www.naccho.org.au/naccho-app/>
- Beyond Blue: 1300 22 4636 – 24 hours/ 7 days a week  
<https://www.beyondblue.org.au/get-support/get-immediate-support>
- Headspace – The National Youth Mental Health Foundation  
<http://headspace.org.au/>
- Your local church helpline.

*The 3rd annual Indigenous Health May Day Twitter festival will be held on Thursday, May 12. It is moderated by the founder of #IHMayDay, Dr Lynore Geia from James Cook University, and by Assoc Prof Bronwyn Carlson of the University of Wollongong, and Croakey contributor Summer May Finlay. It is co-hosted by the University of Wollongong and Croakey.org, and held in association with @IndigenousX and @WePublicHealth.*