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


• 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 #IHMMayDay, 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.