

# Lifeline Text

When life gets too much and you find it hard to talk, text **0477 13 11 14**.

Lifeline Text is available 6.00pm - 10.00pm (AEDT), 7 days a week.

**A LITTLE BIT OF SPACE TO THINK, TO FEEL SAFE, AND TO BE HEARD.**

If you are struggling to cope or thinking about suicide, support is available. You don't need to face your troubles alone. Lifeline's Crisis Supporters are available via text message to listen and keep you safe.

Lifeline Text is a trial service. To access the service, text 0477 13 11 14 (available between 6.00pm - 10.00pm (AEDT), 7 days a week).



The Lifeline Text service trial will be available for a few months. When using the service, you will have the option to provide feedback as part of the service evaluation.

The purpose of the trial is to determine the feasibility of a national text-based crisis support service, including the extent to which such a service may improve the provision of mental health services to Australians. The service is being delivered by Lifeline's trained Crisis Supporters, providing the same compassionate, non-judgmental support as Lifeline's other services but delivered via text message.