

Jewish Care
You are in good hands



Jewish suicidepreventionstrategy



Whoever saves a single life, saves the world entire (Talmud)

*This initiative is partially funded by the Wolper Jewish Hospital Foundation
and the JCA Haberman, Kulawicz & Wolanski Fund*

24 hour crisis services

Police & Ambulance Emergency 000 From a mobile 112

Hatzolah (Eastern Suburbs only) 9371 2222

Lifeline 13 11 14 Lifeline sms (6pm - 12am) 0477 131 114

Jewish House 1300 544 357

Suicide Call Back Service 1300 659 467

Kids Helpline (5-25 years) 1800 551 800

Mensline Australia 1300 789 978

1800RESPECT (National Sexual Assault and Domestic Violence counselling service) 1800 737 732

Poisons Information Centre 13 11 26

24 hour Mental Health Line 1800 011 511

Beyond Blue 1300 224 636

Counselling and support services

JewishCare 1300 133 660

Jewish House 1300 544 357

Chessed Bereavement Service 1300 133 660

SANE 1800 187 263

GriefLine 1300 845 745

Carers NSW 1800 242 636

QLife (LGBTI support) 1800 184 527

Alcohol & Other Drugs Information Service 1800 250 015

beyondblue Information Line 1300 224 636

Websites & Resources

JewishCare: www.jewishcare.com.au

Jewish House: www.jewishhouse.org.au

Suicide Prevention Australia: www.suicidepreventionaust.org

Lifeline: www.lifeline.org.au

Suicide Call Back Service: www.suicidecallbackservice.org.au

Kids Helpline: www.kidshelp.com.au

beyondblue: www.beyondblue.org.au

Black Dog Institute: www.blackdoginstitute.org.au

Headspace: www.headspace.org.au

Emergency App: <http://emergencyapp.triplezero.gov.au/>

Head To Health www.headtohealth.gov.au

Suicide Impacting Me monthly support group – for more info contact: familyandfriends@jewishcare.com.au



JewishCare My WellBeing App

Apple App Store search: jewishcare nsw wellbeing

Google Play Store search: jewishcare