

# **ASSISTANCE CONTACT INFORMATION**

**Open Arms – Veterans and Families Counselling**

**1800 011 046**

**[www.openarms.gov.au](http://www.openarms.gov.au)**

**Lifeline**

**13 11 14 (24 hour crisis hotline)**

**[www.lifeline.org.au](http://www.lifeline.org.au)**

**Mensline Australia**

**1300 78 99 78**

**[www.mensline.org.au](http://www.mensline.org.au)**

