**Accessing Adult Mental Health Services in Eastern Metropolitan Region**

If person is seeking crisis support and suicide prevention contact:

Life Line: **13 11 14** or [**www.lifeline.org.au**](http://www.lifeline.org.au) **or** Suicide Help: **1300 651 251**

**If person may be an immediate risk to self or others: CALL 000**

**Accessing Alcohol and Other Drug Services in Eastern Metropolitan Region**

**If person may be an immediate risk to self or others: CALL 000**

**If person may be an immediate risk to self or others: CALL 000**