# Crisis & Emergency Support in Australia – What to Do Right Now (Gold Standard – Enhanced)

*DiversAbilities Resource – Gold Standard*

## 1. Start here: what is happening right now?

If you are feeling overwhelmed, unsafe, or unsure what to do, use the guide below:

- I am not safe right now → Call 000 immediately
- I feel overwhelmed and need someone to talk to → Call Lifeline 13 11 14
- I have nowhere to stay tonight → Contact emergency housing support
- I am in financial crisis → Contact Centrelink for urgent assistance
- I am not sure what to do → Call Healthdirect 1800 022 222

## 2. If someone is in immediate danger

- Call 000 for police, ambulance, or fire
- Stay on the line and follow instructions

## 3. Mental health crisis support

- Lifeline: 13 11 14 (24/7)
- Beyond Blue: 1300 22 4636

## 4. Housing crisis

- Contact emergency accommodation services
- Ask: 'I need emergency housing support'

## 5. Financial crisis

- Contact Centrelink
- Ask about crisis payments

## 6. If you don’t know where to start

- Healthdirect: 1800 022 222

- They will guide you

## 7. Important reminder

- You are not alone
- Help is available 24/7

Disclaimer: These resources might not be up to date and newer information might be available. We try our best to update our resources as often as possible.