



Updated April 2012

## **Lifeline**

### **What is it?**

Lifeline is a 24 hours a day, seven days per week confidential counselling service which is non-judgemental, informative and immediately accessible. People call Lifeline for many reasons. Common themes include relationships, suicide, loneliness, anxiety, addictions, health, bereavement, referrals, information and de-briefing.

Many services and private practitioners refer clients to Lifeline for support between appointments and after hours.

Lifeline Canberra also offers corporate and community training and an Employee Assistance Program. The service is provided for all residents and visitors alike of the ACT and region.

### **Who runs it?**

Lifeline Canberra

### **Contact**

13 11 14

General Enquiries

Ph: (02) 6247 0655

Web: [Lifeline](#)