

If **you're in crisis**, or worried about **someone in a crisis**:

Reach for support



Yarn with someone you trust: a family member, friend, or someone in your community.
Use your phone to reach out - support is there.

Call or go to your local clinic or hospital

Hospital:

Broome	9194 2222
Derby	9193 3333
Fitzroy Crossing	9166 1777
Halls Creek	9168 9222
Kununurra	9166 4222
Wyndham	9161 0222

ACCHOs and Health Centres

Broome Regional Aboriginal Medical Service	9192 1338
Derby Aboriginal Health Service	9158 4200
Yura Yungi Aboriginal Medical Service	9168 6266
Ord Valley Aboriginal Health Service	9166 2200
Beagle Bay Health Centre	9192 4914
Bidyadanga Health Centre	9192 4952
Balgo Health Centre	9168 8953
Bililuna Health Centre	9168 8144
Mulan Health Centre	9168 8945

If you are worried you or someone else is at risk of harming themselves or others, or in need of immediate help, **call Emergency Services on 000** (Police and Ambulance)

Contact: Lifeline on **13 11 14** or @ **lifeline.org.au** or
Kids Helpline on **1800 55 1800** or @ **kidshelpline.com.au**

Reach out you mob, there's no shame in having a yarn.

We can all get through this together. Stay connected and check in on your family, friends, and community.

