

Emergency support in Australia

Start here

If you or someone else is in immediate danger, call 000. If you cannot stay safe, seek urgent medical help now. Do not wait for Oshim or a coaching appointment.

Get help in person

Go to the nearest public hospital emergency department. If it is safe, ask a trusted friend to accompany you. If travelling there is unsafe, call 000 instead.

000 | Ambulance police fire

For an immediate emergency in Australia. Tell the operator your location and what is happening. [1]

13 11 14 | Lifeline

Crisis support in Australia, 24 hours a day, seven days a week. Text 0477 13 11 14 or use online crisis chat. [2]

1800 737 732 | 1800RESPECT

Domestic, family and sexual violence support, 24/7. Text 0458 737 732. If someone may monitor your device, use a safe device to seek support. [3]

1300 78 99 78 | MensLine Australia

Telephone counselling for men with relationship, family and mental health concerns. This is support, not emergency dispatch. [4]

1800 022 222 | healthdirect

Registered nurse advice, 24/7, for health concerns that are not a life-threatening emergency. Ask where to get appropriate care. [5]

The Navigator boundary

Navigator coaching, retreat messages and this website are not an emergency service and are not continuously monitored. Contact emergency services or qualified support directly. You do not need to wait for a reply from Oshim.