

Hand Breathing Exercise



Relationships Australia Contacts

NT Wide

1300 458 600 | nt.relationships.org.au

National 24-hour contacts

Lifeline: 13 11 14 | lifeline.org.au

1800 Respect: 1800 737 732 | 1800respect.org.au

Beyond Blue: 1300 224 636 | Beyondblue.org.au

Kids Helpline (5-25yrs):

1800 551 800 | kidshelpline.com.au

Local 24-hour contacts

Emergency: 000

NT Mental Health Line: 1800 682 288

Sexual Assault Referral Centre: 8922 6472

Defence Force Family Helpline: 1800 624 608

*Relationships*TM
AUSTRALIA • NT