



MEDIA RELEASE
14 July 2021

**Lifeline welcomes new mental health support
package for NSW**

Lifeline Australia welcomes the joint Commonwealth and NSW Government support package to provide a range of mental health services to those in need across the state.

This support comes at a critical time as communities face the uncertainty of COVID-19 with new cases, extended lockdown rules and border restrictions weighing on people's mental health. Lifeline is experiencing a 25% increase in the volume of calls Australia-wide since the surge in new COVID-19 cases began this July.

John Brogden, Chairman of Lifeline Australia said, *"We recognise that an increasing number of people will be struggling with isolation, separation from family and feelings of heightened anxiety. The government package will help Lifeline to meet the increased demand for our essential services during this time."*

Mr Brogden added, that it is important for NSW residents and those across Australia to know that Lifeline is here for them.

"We want to reassure every individual that they can call Lifeline at any time of the day or night on 13 11 14. Lifeline's volunteers have been there for Australians all throughout this pandemic and we continue to be here for you now."

Lifeline service details:

Telephone: 13 11 14 (24 hours)

Lifeline Text: 0477 13 11 14 (6pm – midnight)

Chat online: www.lifeline.org.au (7pm – midnight)

Lifeline is Australia's leading suicide prevention service, operating the 13 11 14 telephone line within 40 centres around the nation. The service expects to respond to over one million requests for support this year, creating an average of 120 safety plans to keep a person experiencing suicidal ideation safe every day.

To arrange an interview, please contact: rachel@palin.com.au or phone: 0490 778 725

To donate: www.lifeline.org.au

NB: Lifeline's 24-hour telephone crisis line 13 11 14 is pronounced 'thirteen eleven fourteen'