

Being Supported.

We are here to listen and support you

Open 7 days per week
• 10am – 4pm • & 6pm to 10pm

What is BEING Supported

A non-crisis telephone and online support service (Warmline) delivered by trained staff who have lived, or currently live with, mental health issues and emotional distress.

We Get It

Who is BEING Supported for

Anyone who is needing someone to talk to. If you are feeling distressed, alone, isolated and would like to connect, we are here to listen.

How much does BEING Supported cost

Nothing! BEING Supported is a free service.

Do I need a referral

No referral is needed for the service.



1800 151 151
Mental Health Peer Support Line

OPEN



beingsupported.org.au