

Emergency & Mental Health Support — Cairns Region

For immediate danger call 000. Save and share this sheet.

24/7 Crisis Helplines

Number	Description
1300 MH CALL (1300 642 255)	Queensland Mental Health Crisis Line
Lifeline: 13 11 14	24-hour crisis support
Suicide Call Back Service: 1300 659 467	Phone & online counselling
Beyond Blue: 1300 224 636	Depression & anxiety support
MensLine Australia: 1300 789 978	Men's counselling
Kids Helpline: 1800 551 800	Support for ages 5–25
13 YARN: 13 92 76	Aboriginal & Torres Strait Islander support

Local Mental Health Services

Cairns & Hinterland Acute Care Team	165 Sheridan St, Cairns North — 07 4226 3100 (8 am–10 pm); After-hours 1300 MH CALL
Mind Australia – Crisis Support Space	Ground floor, Cairns Hospital (A-block) — Mon–Thu 12–8 pm; Fri 11–8 pm; Sat–Sun 8–8 pm
headspace Cairns	Level 2, 42 Grafton St — (07) 4041 3780 (Youth 12–25)
Ramsay Clinic Cairns	253–257 Sheridan St — (07) 4050 7000
Birch Street Community Hub (UnitingCare)	98 Birch St, Manunda — (07) 3253 4000

Community & Emergency Relief

Salvation Army – Emergency Relief	07 3001 6288
St Vincent de Paul	1800 846 643
Anglicare North Queensland	0417 351 502

Prepared for staff & participants • Updated Jan 2026 • For immediate danger call 000