

# Knowing when to seek professional support.

- If warning signs and symptoms persist for longer than 2-weeks
- If how you are feeling about anything is causing you significant distress - "why can't I shake this?"
- If the way you are feeling is stopping you from doing things you can usually do or the things you usually enjoy doing

*Crisis situation, or if there is any threat to life*

**EMERGENCY -**  
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*For immediate support*

**LIFELINE -**  
13 11 14

**BEYOND BLUE -**  
1300 22 4636

*Ongoing support*

Your local GP (doctor) can get you referred to a mental health professional

