



Available 24/7 across the country



Confidential & anonymous



Aboriginal & Torres Strait Islander Crisis Supporters



Accessible by any phone in Australia



Culturally Safe Space



First national support line for Aboriginal & Torres Strait Islander people in crisis

CONTACT US

For all general enquiries, please email enquiries@13yarn.org.au

For all media enquiries, please email media@13yarn.org.au



13 YARN

"Our Story, Our Healing"

Feeling worried or no good?

We will take the time to listen. No shame, no judgement, safe place to yarn. We're here for you.

13 92 76

This initiative is funded by the Australian Government, Department of Health



Gayaa Dhuwi (Proud Spirit) Australia
Aboriginal and Torres Strait Islander Leadership in Social and Emotional Wellbeing, Mental Health and Suicide Prevention

This service has been developed in collaboration with Gaaya Dhuwi



13YARN [Thirteen YARN] is the first national crisis support line for mob who are feeling overwhelmed or having difficulty coping.

We offer a confidential one-on-one yarning opportunity with a Lifeline-trained Aboriginal & Torres Strait Islander Crisis Supporter who can provide crisis support 24 hours a day, 7 days a week. 13 YARN empowers our community with the opportunity to yarn without judgement and provide a culturally safe space to speak about their needs, worries or concerns.

If you, or someone you know, are feeling worried or no good, we encourage you to connect with 13YARN on 13 92 76 (24 hours/7 days) and talk with an Aboriginal or Torres Strait Islander Crisis Supporter.

This is your story; your journey and we will take the time to listen. No shame, no judgement, safe place to yarn. We're here for you.

Our vision is to achieve a nation free of suicide. We know the current statistics for suicide and self-harm for Aboriginal people are disproportionately high. To tackle this problem head-on, this service will be led by an Aboriginal and Torres Strait Islander Advisory Board and employ professionals in suicide prevention and crisis support utilising Lifeline's extensive experience and infrastructure.



We take the time to listen. No shame, no judgement, safe place to yarn. We're here for you.

13YARN is an Aboriginal & Torres Strait Islander crisis support line funded by the Australian Government with the support of Lifeline and developed in collaboration with Gayaa Dhuwi (Proud Spirit) Australia. It is run by Aboriginal and Torres Strait Islander people.

We have co-designed this line using Lifeline expertise with several Aboriginal mental health professionals including NACCHO, Black Dog Institute Aboriginal Lived Experience team and the Centre for Excellence in Suicide Prevention along with input from Torres Strait Islander, remote, regional, and urban peoples with lived experience.

We work to explore options for ongoing support and community members will always be reassured they will be connected to another Aboriginal and Torres Strait Islander person who will understand where they are coming from and value knowing HOW to listen, without judgement or shame.

Call us for a YARN 13 92 76