

[www.13yarn.org.au](http://www.13yarn.org.au)

Available 24/7

Confidential & anonymous

Aboriginal & Torres Strait Islander Crisis Supporters

# 13 YARN

13 Yarn is the first national support line for Aboriginal & Torres Strait Islander people in crisis. We offer a confidential one-on-one over the phone yarning opportunity and support with a Lifeline trained Aboriginal & Torres Strait Islander Crisis Supporter for mob who are feeling overwhelmed or having difficulty coping. We are here to provide crisis support 24/7 to enable our community to yarn without judgement and provide a culturally safe space to yarn about their needs, worries or concerns.

"We're here to help,  
call us for a yarn"

**13 92 76**

**Culturally Safe  
space**

**Available 24/7  
across Australia  
from any phone**

**We listen, without  
judgement or shame**

 **Lifeline**®

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