

専門機関によるサポート

高い ← 緊急性 → 低い

➤ 000 (Ambulance)

➤ 救急病院

➤ NSW Mental Health Line
1800 011 511

➤ Lifeline 13 11 14

➤ DV Support Line 1800 656 463

➤ 無料通訳サービス

TIS

Translating and Interpreting Service
13 14 50

➤ GP

➤ 精神科医

➤ カウンセリング

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厚生労働省 みんなのメンタルヘルス https://www.mhlw.go.jp/kokoro/know/disease_depressive.html

令和2年版自殺対策白書 https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/hukushi_kaigo/seikatsuhogo/jisatsu/jisatsuhakusyo2020.html
