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| The problem | What you can do |
| There has been a crime or someone is at immediate risk of harm. | Call 000. |
| Someone is feeling hopeless, helpless, thinking of suicide. | Contact the Suicide Prevention Australia  Call Lifeline 13 11 14 <http://suicidepreventionaust.org/help/> |
| Someone is acting differently than normal, such as always seeming sad or anxious, struggling to complete tasks, or not being able care for themselves. | Find a local councillor or other professional help  <http://www.theaca.net.au/national_register.php> |
| A child is being bullied in school. | Contact the:  Teacher  School counsellor  School principal  Regional officers  State Department of Education  <http://deewr.gov.au/state-and-territory-anti-bullying-policies> |
| The school is not adequately [addressing harassment](http://www.stopbullying.gov/laws/federal/index.html) based on race, colour, national origin, sex, disability, or religion. | Contact:  Regional Officers  State Department of Education  Australian Department of Education,  Human Rights Australia <http://www.humanrights.gov.au/race-discrimination> |