



MEDIA RELEASE – FEBRUARY 2026

LIFELINE HARBOUR TO HAWKESBURY SYDNEY HIGHLIGHTS IMPORTANCE OF A HOLISTIC APPROACH TO CRISIS SUPPORT AND SUICIDE PREVENTION

[Lifeline Harbour to Hawkesbury Sydney](#) is highlighting the importance of embedding tailored community supports which build on and complement the essential core crisis support services that Lifeline delivers for people across Australia.

Elizabeth Lovell, Lifeline Harbour to Hawkesbury Sydney CEO said that, in addition to Lifeline's essential national 24/7 phone and digital services are, Lifeline Harbour to Hawkesbury Sydney plays a crucial role in supporting the community through a range of frontline programs, including responding to crisis incidents, providing local face-to-face services such as Financial Counselling, Personal Counselling, Support and Treatment Groups and Lifeline Connect in local libraries.

Lifeline Harbour to Hawkesbury Sydney is also empowering community members to recognise and respond to distress through education and awareness programs that build local capacity for suicide prevention.

"Our footprint in the Harbour to Hawkesbury region means we are uniquely placed to support people in a range ways," said Elizabeth. "Each Lifeline staff member or volunteer takes their knowledge and expertise into their families and communities, helping to raise awareness, reduce stigma and remove barriers for people seeking to reach out for support."

Lifeline uses evidence-informed approaches to suicide prevention, concentrating on the importance of providing individuals seeking support with immediate access to compassionate and empathetic care.

Lifeline is committed to supporting any Australian through their toughest moments and providing them with the most appropriate support.

If you, or someone you know are feeling overwhelmed, we encourage you to connect with Lifeline in the way you feel most comfortable.

You can phone Lifeline to speak to a Crisis Supporter on 13 11 14, text 0477 131 114, or chat to Lifeline online (all services are available 24/7).

To donate to Lifeline Harbour to Hawkesbury Sydney, please visit our website:
<https://www.lifelineh2hsydney.org.au/donate/>

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Lifeline provides 24-hour
crisis support via *phone*
on **13 11 14**, *webchat* at
www.lifeline.org.au
and via *text message* on
0477 13 11 14.