



SERVICES FOR



MENTAL HEALTH

The following organisations are dedicated to providing support for young people. If you don't feel comfortable talking to anyone you know, you might feel better calling a helpline or chatting to a trained professional online.

HERE ARE SOME RESOURCES THAT YOU MIGHT FIND HELPFUL



KIDS HELPLINE: 1800 55 1800

Free confidential counselling service available any time of day or night by phone or webchat.



BEYOND BLUE: 1300 22 4636

Call or chat online with a counsellor any time of day or night.



13 YARN: 13 92 76

A national crisis support line for Aboriginal mob who are feeling overwhelmed or having difficulty coping. Crisis support available 24/7.

YOUR MENTAL HEALTH IS A PRIORITY.
CALL 000 IF IT IS AN EMERGENCY.

www.kidshelpline.com.au
Learn more : www.beyondblue.org.au
www.13yarn.org.au