

Help for kids

Everybody needs help sometimes, and that's okay.

Sometimes, we might need to talk to someone who knows their stuff.

Here are a few helpful websites and phone numbers you might find useful for yourself or your friends.



Free counselling
Call/chat/email
kidshelpline.com.au
1800 55 1800



Crisis support and resources
Call/chat
lifeline.org.au
13 11 14



Youth mental health support
Call/chat/in person
headspace.org.au/
1800 650 890



Free counselling for Aboriginal and
Torres Strait Islander People
Call/email
vahs.org.au/yarning-safenstrong
1800 959 563



24/7 telephone and online counselling
for people affected by suicide
suicidecallbackservice.org.au
1300 659 467



Mental health resources
and support
Call/chat/email
beyondblue.org.au
1300 22 4636



Free specialist helpline for
LGBTIQA+ community
Call/text/email
rainbowdoor.org.au
1800 729 367



Mental health support and
referrals for multicultural
communities
embracementalhealth.org.au



Online resources and
support for care
leavers
raisingexpectations.co
m.au



Online resources for
LGBTIQA+ community
minus18.org.au



Peak body for children and
young people with out of home
care experience
create.org.au



Online resources
au.reachout.com

If you or someone you know are in immediate danger, call 000
There may be other services in your local area. Ask your worker or school to learn more.