

Where to get help

Youth



Kids Helpline - 1800 551 800

Youth Beyond Blue -
1300 224 636 | youthbeyondblue.com

headspace -
1800 650 890 | headspace.org.au

ReachOut website - au.reachout.com

Samaritans Youthline WA - 1800 198 313

actbelongcommit.org.au

Where to get help



Lifeline - 13 11 14

Suicide Call Back Service - 1300 659 467

Crisis Care - 1800 199 008

Samaritans 24/7 Crisis Line - 135 247

24/7 Mental Health Emergency Response Line -
1300 555 788 (Metro) | 1800 676 822 (Peel)

Rurallink - 1800 552 002

Beyond Blue - 1300 224 636



TIS National - 131 450 | tisnational.gov.au
(translating & interpreting support)

actbelongcommit.org.au