

Where to get help for youth



Kids Helpline

1800 551 800 | kidshelpline.com.au

Youth Beyond Blue

1800 224 636 | youthbeyondblue.com

headspace

1800 650 890 | headspace.org.au

Youth Focus

08 6266 4333 | youthfocus.com.au

ReachOut | au.reachout.com

actbelongcommit.org.au/help

Where to get help



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

Ruralink - 1800 552 002

Lifeline - 13 11 14

Suicide Call Back Service - 1300 659 467

Samaritans 24/7 Crisis Line - 135 247

Crisis Care - 1800 199 008



Translating & Interpreting Support (TIS)
131 450 | tisnational.gov.au

actbelongcommit.org.au/help