

Where to get help for youth



Kids Helpline

1800 551 800 | kidshelpline.org.au

Beyond Blue

1300 22 4636 | beyondblue.org.au

headspace

1800 650 890 | headspace.org.au

Youth Focus

(08) 6266 4333 | youthfocus.com.au

Reach Out (online)

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)

Rurallink - 1800 552 002

Lifeline - 13 11 14

Suicide Call Back Service - 1300 659 467

13 YARN - 13 92 76



Translating & Interpreting Service

131 450 | tisnational.gov.au

actbelongcommit.org.au/help