

# HELPFUL CONTACTS & WEBSITES

There are many organisations 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, joining a forum discussion, or trying an online platform.

## HELPLINES

**Kids Helpline**  
**1800 55 1800**

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

**BeyondBlue**  
**1300 22 4636**

Call or chat online with a trained mental health professional any time of the day or night.

**Headspace**  
**1800 650 890**

Online and telephone support service that helps young people who don't feel ready to attend a headspace centre or who prefer to talk about their problems via online chat, email or on the phone.

## SUPPORT CENTRES

### HeadSpace Centres

If you need support, advice, or just someone to talk to about a life problem, you can visit a headspace centre located around Australia and talk to mental health professional within a confidential and safe environment.

Some centres also have specialist workers like Aboriginal and Torres Strait Islander health workers and family therapists.

Call your closest headspace centre to make an appointment.

## SUICIDE & CRISIS SUPPORT

If you are in an emergency, or at immediate risk of harm to yourself or others, please contact:

**Emergency Services – 000**

**Lifeline – 13 11 14**

**Kids Helpline – 1800 55 1800**



## ONLINE PLATFORMS

### BeyondBlue

The Beyond Blue forums are a supportive place to connect with people who are going through similar experiences to you. You can read other people's stories, ask for advice, or share your own experience.

<https://www.beyondblue.org.au/getsupport/online-forums>

### ReachOut

The ReachOut Forums are a supportive, safe and anonymous space where people care about what's happening for you, because they have been there too.

<https://au.reachout.com/ReachOut>

### Personalbest

Find information, stories, tips and strategies to inspire you to achieve your all-round personal best.

<https://www.beyondblue.org.au/personal-best>

## WEBSITES

### ReachOut

ReachOut offers information and other resources designed specifically for young people.

<https://au.reachout.com/>

### Kids Helpline

This website has information and services to support young people through any problems – big or small.

<https://kidshelpline.com.au/>

### HeadSpace

The website has information and services to support a young person going through a tough time.

<https://headspace.org.au/>

### Children of Parents with a Mental Illness (COPMI)

Having a parent with a mental illness can be tough. But COPMI have a lot of information and videos to help you get your head around it all.

<https://www.copmi.net.au/kids-youngpeople>

## ONLINE PROGRAMS & APPS

### BiteBack

BiteBack is a free, self-guided online wellbeing and resilience program for young people aged 13–16 years old. It uses a combination of fun, interactive activities, quizzes, animations, and information across nine positive psychology domains including gratitude, optimism, flow, meaning, hope, mindfulness, character strengths, healthy lifestyle, and positive relationships.

<https://www.biteback.org.au/>

### BraveProgram

The BRAVE Program is an interactive, online program for the prevention and treatment of childhood and adolescent anxiety. The programs are free, and provide ways for children and teenagers to better cope with their worries.

<https://brave4you.psy.uq.edu.au/>

### MoodGYM

This free, fun, interactive program helps you identify and overcome problem emotions and shows you how to develop good coping skills for the future.

<https://moodgym.com.au/>

