

SUPPORT SERVICES & INFORMATION

All ages

Mental Health Line (NSW): 1800 011 511

Lifeline: 13 11 14 | text 0477 13 11 14 | lifeline.org.au

Beyond Blue: 1300 224 636 | beyondblue.org.au

Young people

Kids Helpline: 1800 551 800 | kidshelpline.com.au

headspace: 1800 650 890 | headspace.org.au

ReachOut: reachout.com

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OTHER RESOURCES

Head to Health: headtohealth.gov.au

Butterfly Foundation: Support for eating disorders
1800 33 4673 | butterfly.org.au

QLIFE: Support for LGBTIQ+ communities
1800 184 527 | qlife.org.au

Awabakal: Health services for Aboriginal communities
1300 174 908 | awabakal.org

1800RESPECT: 1800 737 732

- Make an appointment with your local GP
- Find a psychologist through the Australian Psychological Society
- Visit your local headspace centre (12-25 year olds)