

More information and Support

You can speak to trained counsellors by phoning these 24-hour telephone counselling services:

- Lifeline 13 11 14 (cost of a local call)
- Kids Help Line 1800 55 1800 (free call)

Information and support is also available from the following websites:

- beyondblue www.youthbeyondblue.com

Information on depression, anxiety and how to help a friend

- headspace www.headspace.org.au

Information, support and help near you

- ReachOut.com www.reachout.com

Information and support for young people going through tough times

The websites below can help you to find health services in your area. They list services that are either free of charge or low cost:

- Kids Help Line www.kidshelp.com.au

- Lifeline Service Finder

www.lifeline.org.au/service_finder

