

Need someone to talk to?

eheadspace

eheadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends. If you're based in Australia and going through a tough time, eheadspace can help.

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

Lifeline

13 11 14 – 24/7

Kids helpline

If you are feeling stressed worried or anxious, Kids helpline is there for anyone aged 5-25. You can give them a call, or head to their website to contact them via email or webchat.

Due to COVID-19 kids helpline has been busier than usual so you may have to wait a while to speak to a counsellor

1800 551 800 – 24/7

www.kidshelpline.com.au

Bendigo Health Psychiatric Triage

1300 363 788

This service is a telephone based assessment and support service that provides 24/7 access to support in mental health crises.