

not feeling great? help is available!

Kids Help Line **1800 55 1800**

Anytime. Any reason.

Kids Helpline is a free, private, and confidential 24/7 phone and online counselling service for young people 5 - 25 years old.



eheadspace **1800 650 890**

7 days a week. 9am to 1am.

If you're 12-25 and going through a tough time, you can talk to an eheadspace youth mental health professional.



Lifeline **13 11 14**

24 hours a day. 7 days a week.

Short term confidential support for people who are feeling overwhelmed or having difficulty coping or staying safe.

