

NATIONAL HELPLINES FOR YOUNG PEOPLE



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 program.

HEADSPACE: 1800 650 890 - 9am-1am / 7 days a week

Online and telephone support service that helps young people 12-25 and their families to talk about their problems via online chat, email or by phone.

LIFELINE: 13 11 14 - 24 hours / 7 days a week

Lifeline provides an anonymous and confidential telephone counselling service for adults needing emotional support.

KIDS HELPLINE: 1800 55 1800 - 24 hours / 7 days a week

Kids Helpline is a national support service specifically for youths aged 5-25 years old, providing free, confidential counselling for young people in need.

BEYOND BLUE: 1300 22 4636 - 24 hours / 7 days a week

Beyond Blue is a national service for one on one confidential support with a trained mental health professional.

REACHOUT: aureachout.com - 24 hours / 7 days (online forum)

The ReachOut Community is a supportive, safe and anonymous space where people care about what's happening, because they've been there too.

BITEBACK: biteback.org.au - 24 hours / 7 days (online support and information)

Weekly challenges from the Black Dog Institute to help you improve your mental fitness, increase your happiness, reduce stress, improve your friendships and your focus.

THE BRAVE PROGRAM: brave4you.psy.uq.edu.au - 24 hours / 7 days

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. There are also programs for parents.

MOODGYM: moodgym.com.au - 24 hours / 7 days

Moodgym is like an interactive self-help book which helps you to learn and practise skills which can help to prevent and manage symptoms of depression and anxiety.

EMERGENCY SERVICES: 000 - 24 hours / 7 days a week

If you or anyone you know is in danger or at risk of serious harm, please contact emergency services as soon as possible.

Please ask **ECHO Empowering Services** if you're not sure who to contact, or you need help to contact the services above.

Visit: 11-15 Eacham Place, Malanda, or phone: 4096 6634

echoes.org.au

