

supports and services

for young people aged 12-25

headspace centres

There are headspace centres located all across Australia. Services are all free or low cost and what you say is kept confidential.

Find the closest headspace centre near you at [headspace.org.au](https://www.headspace.org.au)

eheadspace

Free online support and counselling for young people aged 12-25, and their families and friends

- Available 9am-1am, 7 days a week
- Phone: 1800 650 890
- Email or online chat: [eheadspace.org.au](https://www.eheadspace.org.au)

Kids Helpline

Phone and online counselling service for young people aged 5-25. Available at any time, for any reason.

- Phone: 1800 55 1800
- Email or online chat: [kidshelpline.com.au](https://www.kidshelpline.com.au)

for all ages

Beyond Blue

Provides information and advice to all, and guide people in the right direction for further support.

- Phone: 1300 22 4636, 24 hours a day
- Online chat: [beyondblue.org.au](https://www.beyondblue.org.au)
- 3pm - midnight, 7 days a week

Mensline Australia

Free online and phone counselling for men with mental health, relationship, stress and wellbeing issues.

- Available 24/7
- Phone: 1300 78 99 78
- Online and video chat: [mensline.org.au](https://www.mensline.org.au)



domestic or family violence

1800 Respect

Provides counselling, information and support service for people who have impacted by domestic, family or sexual violence.

- Available 24/7
- Phone: 1800 737 732
- Online and video chat: [1800respect.org.au](https://www.1800respect.org.au)

for parents and carers

Parent line

Offers free and anonymous telephone counselling and support for parents and carers of children from birth to 18 years of age. ☒

- Available 8am – midnight, 7 days a week
- Phone: 13 22 89
- Website: [parentline.com.au](https://www.parentline.com.au)

for LGBTQIA+

QLife

Provides counselling, peer support and referral service for LGBTI+ individuals, their friends and families, and health professionals in Australia.

- Available 3pm – midnight, 7 days a week
- Phone: 1800 184 527
- Online chat: [qlife.org.au](https://www qlife.org.au)

supports and services

for First Nations people

13YARN

Provides support for those feeling overwhelmed or having difficulty coping. Offers confidential one-on-one yarning opportunity with a Lifeline-trained Aboriginal & Torres Strait Islander Crisis Supporter.

- Available 24/7
- Phone: 13 92 76
- Website: 13yarn.org.au

body image & eating disorders

Eating Disorders Victoria

Free and confidential information and support for people experiencing eating disorders or those who are supporting them.

- Available 9:30am - 4:30pm, Mon-Fri
- Phone: 1300 550 236
- Email: edv@eatingdisorders.org.au

Butterfly Foundation

Butterfly Foundation is the national charity for all Australians impacted by eating disorders and body image issues, and for the families, friends and communities who support them.

- Phone: 131 450, 8am-Midnight
- Online chat: butterfly.org.au
- 3pm - midnight, 7 days a week

alcohol and drugs

Directline

Confidential counselling and referral for anyone affected by alcohol or drugs in Victoria.

- Available 24/7
- Phone: 1800 888 236
- Online chat or email: directline.org.au



crisis support

Lifeline

Provides 24 hour crisis support and suicide prevention services for all Australians.

- Phone: 13 11 14, 24 hrs a day
- Online chat: lifeline.org.au
- 7pm - midnight, 7 days
- Text: 0477 13 11 14, 12pm - midnight, 7 days

Suicide Call Back Service

Provides 24/7 telephone and online counselling to people who are affected by suicide.

- Available 24/7
- Phone: 1300 659 467
- Online and video chat: suicidecallbackservice.org.au

Emergency Services

If you are in an emergency, or at immediate risk of harm to yourself or others, contact emergency services.

- Available 24/7
- Phone: 000