

# Counselling, Support Services and Resources for Children and Young People

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|    | <p style="text-align: center;"><b><u>Kids Helpline</u></b></p> <p>Free 24/7, confidential and private phone and online counselling service for young people aged 5 to 25.</p> <p style="text-align: center;"><b>1800 55 1800</b></p>   |
|    | <p style="text-align: center;"><b><u>Lifeline</u></b></p> <p>Provides all Australians access to crisis support and suicide prevention services.</p> <p style="text-align: center;"><b>13 11 14</b></p>   |
|   | <p style="text-align: center;"><b><u>1800 RESPECT</u></b></p> <p>Support if you, or someone you know, is experiencing sexual assault or domestic and family violence (all ages).</p> <p style="text-align: center;"><b>1800 737 732</b></p>  |
|  | <p>If you or someone you know is in immediate danger, contact the police on 000.</p> <p style="text-align: center;"><b>000</b></p>   |
|  | <p style="text-align: center;"><b><u>Bravehearts</u></b></p> <p>Australia's leading child protection organisation working to make Australia the safest place in the world to raise a child. They provide support, education, and training.</p> <p style="text-align: center;"><a href="http://www.bravehearts.org.au">www.bravehearts.org.au</a><br/><b>1800 272 830 (6.30am to 2.30pm AWST)</b></p> |
|  | <p style="text-align: center;"><b><u>Headspace</u></b></p> <p>Headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12–25-year-olds. Headspace can help young people with mental health, physical health and work and study support.</p> <p style="text-align: center;"><a href="http://www.headspace.org.au">www.headspace.org.au</a></p> |
|  | <p style="text-align: center;"><b><u>Reachout</u></b></p> <p>Reachout helps under 25's with everyday questions through to tough times.</p> <p style="text-align: center;"><a href="http://www.au.reachout.com">www.au.reachout.com</a></p>   |