

Lifeline

Having a tough time and need someone to talk to right now? The following services are there to listen and help you out. They are confidential and available 24/7. For all ages. Phone counselling, online web chat.

Call: 13 11 14

Website: www.lifeline.org.au

Kids Help line

To talk to someone about anything that's going on in your life. Ages 5-25. Phone counselling 24/7. Online web chat and email.

Call: 1800 55 1800

Website: www.kidshelp.com.au

Suicide Call back

Support if you, or someone you know, is feeling suicidal. For all ages. Phone counselling 24/7. Online web chat.

Call: 1300 65 94 67

Website: www.suicidecallbackservice.org.au