

contact:

000 Emergency Assistance

Emergency Police, Fire, Ambulance
Ph:000

Kids Helpline

<https://kidshelpline.com.au/get-help/webchat-counselling>

Phone: 1800551800

Free 24 hour/7 days a week advice and support for children and young people 5-25 years old

Parent Helpline

Phone: 1300 301 300

<https://parentline.com.au/>

Free 24 hour/7 days a week advice and support for parents, guardians and carers

Lifeline

Phone:13 4357

<https://www.lifeline.org.au/>

Free 24 hour/7 days a week crisis support and suicide prevention

Beyond Blue

<https://www.beyondblue.org.au/>

Ph: 1300 22 4636

Free mental health support and assistance for depression and anxiety

Suicide Call Back Service

www.suicidcallbackservice.org.au

Ph: 1300 659 467

Head to Help:

www.headtohelp.org.au

Ph 1800 595 212

headspace Counselling

<https://headspace.org.au/ehespace/>

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Your local doctor or medical centre