



NATIONAL SUPPORTS

Helplines

Kids Helpline

1800 551 800

Free, confidential counselling service available any time of the day or night by phone or webchat.

Beyond Blue

1300 224 636

Call or chat online with a counsellor at any time, support service is available 24/7.

headspace

1800 650 890

Online and telephone support service that helps young people who don't feel ready to attend a [headspace centre](#) or who prefer to talk about their problems via online chat, email or on the phone.

Online Forums

Beyond Blue

The Beyond Blue forums are a supportive place to connect with people who are going through similar experiences to you. You can read other people's stories, ask for advice or share your own experience.

Reach Out

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

Websites

Reach Out

Use ReachOut.com to figure things out and make life better. The website offers information and other resources designed specifically for young people.

Kids Helpline

The website has information and services to support young people through any problems – big or small.

headspace

The website has information and services to support a young person going through a tough time.

Children of Parents with a Mental Illness (COPMI)

Having a parent with a mental illness can be tough. But COPMI have a lot of information and videos to help you get your head around it all.

Support centres

headspace centres

If you need support, advice or just someone to talk to about a life problem, you can visit a headspace centre located around Australia and talk to mental health professionals within a confidential and safe environment. Some centres also have specialist workers like Aboriginal and Torres Strait Islander health workers and family therapists. Can your closest [headspace centre](#) to make an appointment.

Online programs and apps

Bite Back

BITE BACK is a free, self-guided online wellbeing and resilience program for young people aged 13-16 years old. It uses a combination of fun, interactive activities, quizzes, animations, and information across nine positive psychology domains including gratitude, optimism, flow, meaning, hope, mindfulness, character strengths, healthy lifestyle, and positive relationships.

Brave Program

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.

MoodGYM

This free, fun, interactive program helps you identify and overcome problem emotions and shows you how to develop good coping skills for the future.

Blogs

Personal best

Find information, stories, tips, and strategies to inspire you to achieve your all-round personal best.

Available 24 hours a day, 7 days a week.

Lifeline: 13 11 14

Beyond Blue: 1300 224 636

Headspace: 1800 650 890

Kids Helpline: 1800 551 800 / Online chat: <https://kidshelpline.com.au>

1800RESPECT: 1800 737 732 – National assault and violence support

MensLine Australia: 1300 789 978 / Online/Video chat: <https://mensline.org.au>

QLife: 1800 184 527 - LGBTQIA+ Support / Online chat: <https://qlife.org.au> – 3pm to midnight, 7 days