



Where to get help

Youth

Kids Helpline - 1800 551 800

Youth Beyond Blue - 1300 224 636

W: youthbeyondblue.com

headspace - 1800 650 890

W: eheadspace.org.au

ReachOut

W: au.reachout.com

Samaritans Youthline WA - 1800 198 313

actbelongcommit.org.au



Where to get help

General

Lifeline - 13 11 14

Suicide Call Back Service - 1300 659 467

Crisis Care - 1800 199 008

Samaritans 24/7 Crisis Line - 135 247

Mental Health Emergency Response Line

24/7 Crisis Support

1300 555 788 (metro), 1800 676 822 (regional)

Beyond Blue - 1300 224 636

actbelongcommit.org.au