

Youth supports



Free confidential 24/7 online and phone counselling service for young people aged 5-25
1800 551 800 | [kidshelpline.com.au](https://www.kidshelpline.com.au)

General support services

Lifeline 13 11 14 | Text 24/7 0477 13 11 14
[lifeline.org.au](https://www.lifeline.org.au)

13YARN 13 92 76 | [13yarn.org.au](https://www.13yarn.org.au)
Aboriginal and Torres Strait Islander service 24/7

Suicide Call Back Service
1300 659 467 | [suicidecallbackservice.org.au](https://www.suicidecallbackservice.org.au)

Beyond Blue
1300 224 636 | forums.beyondblue.org.au

Standby Support After Suicide 1300 727 247

QLife 1800 184 527 | [qlife.org.au](https://www qlife.org.au)
LGBTIQ+ service available 3pm - midnight

Other supports and resources

headspace
1800 650 890

Reachout [au.reachout.com](https://www.reachout.com)

Batyr youth mental health
[batyr.com.au](https://www.batyr.com.au)

Blue Knot Foundation
1300 657 380 | [blueknot.org.au](https://www.blueknot.org.au)

#chatsafe
[orygen.org.au/chatsafe](https://www.orygen.org.au/chatsafe)

Medicare Mental Health
[medicarementalhealth.gov.au](https://www.medicarementalhealth.gov.au)