



Headspace: 1800 650 890

OR

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



Kids Helpline: 1800 551 800

OR

<https://www.kidshelpline.com.au>



Lifeline: 13 11 14

OR

Lifeline text: 0477 131 114 available 6pm to midnight 7 days a week.



Parentline: 13 22 89 available 8am to midnight 7 days a week, including public holidays.