

Asking for Help

Asking for help can be tricky. Sometimes it's scary. But it's important to remember that asking for help is a sign of courage, not weakness. It takes a lot of strength to be able to admit when you need some support. Here are some other places that you can feel safe asking for help. Most importantly, know that you are not alone in your struggles, we are here to help!



Kids Helpline

Phone: 1800 55 1800

Website: kidshelpline.com.au

Email: counsellor@kidshelpline.com.au

Online chat available



Lifeline

Phone: 13 11 14

Website: lifeline.org.au

Text (6pm-midnight): 0477 13 11 14

Online chat available



Beyond Blue

Phone: 1300 22 4636

Website: beyondblue.org.au

Online chat and forums available



Headspace

Create an account at:
headspace.org.au/ehespace
for online support



My Support Person:

Name:

Phone:

Email: