

CHILDREN & YOUNG PEOPLE SUPPORT SERVICES

YOUTHLAW

FREE LEGAL ASSISTANCE FOR YOUNG PEOPLE IN VICTORIA AGED UNDER 25.

Daily Helpline: (03) 9113 9500 | Monday to Friday 9am- 4:30pm

Email: info@youthlaw.asn.au

KIDS HELPLINE

FREE, PRIVATE AND CONFIDENTIAL PHONE AND ONLINE COUNSELLING.

Helpline: 1800 55 1800

eHEADSPACE

NATIONAL YOUTH MENTAL HEALTH FOUNDATION PROVIDING FREE AND CONFIDENTIAL PHONE AND ONLINE SERVICE FOR YOUNG PEOPLE 12-25 YEARS.

Helpline: 1800 650 890 (9am-1am)

Online: <https://headspace.org.au/online-and-phone-support/connect-with-us/>

BEYOND BLUE

FREE AND CONFIDENTIAL CALLS AND CHATS WITH TRAINED MENTAL HEALTH PROFESSIONALS.

Helpline: 1300 22 4636 (Available 24/7)

Online: <https://www.beyondblue.org.au/get-support/talk-to-a-counsellor/chat>

LIFELINE AUSTRALIA

24 HOUR CRISIS SUPPORT AND SUICIDE PREVENTION.

Helpline: 13 11 14 (Available 24/7)

Online: <https://www.lifeline.org.au/crisis-chat/>