

Support Services

Children and Young People

YouthLaw

Free legal assistance for young people in Victoria aged under 25.

(03) 9113 9500

Email info@youthlaw.asn.au

Monday – Friday 9am-4:30pm

Kids Helpline

Free, private and confidential phone and online counselling.

1800 55 1800

eHeadspace

National youth mental health foundation providing free and confidential phone and online services for young people 12-25 years.

1800 650 890

Online headspace.org.au/online-and-phone-support/connect-with-us

9am-1pm

Beyond Blue

Free and confidential calls and chats with trained mental health professionals.

1300 224 636

Online beyondblue.org.au/get-support/talk-to-a-counsellor/chat

Available 24/7

Lifeline Australia

24-hour crisis support and suicide prevention.

13 11 14

Online lifeline.org.au/crisis-chat

Available 24/7

