

Kids Helpline

Free telephone counselling support line for children and young people ages 5 to 25.

1800 551 800

Beyond Blue

Talk to a trained mental health professional. Free and confidential.

1300 22 46 36

Lifeline

24-hour free crisis support telephone service. Lifeline provides 24/7 crisis support and suicide prevention services.

13 11 14

It's important to remember that you are not alone during challenging times. If you are feeling low, talk to a friend or family member. There are also a number of organisations that you can reach out to.

1800-RESPECT

Free and open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse.

1800 737 732

*There is support
if you need to reach out*

Yarn Safe

There are a number of support resources available including mental health and wellbeing, stress and pressure, relationships and alcohol and other drugs.

headspace.org.au/yarn-safe



Queensland Aboriginal and
Islander Health Council