

## Telephone Helplines and Links

Sometimes problems can feel over-whelming. Talking with someone about it can help. Sometimes it can be easier talking with a trained counsellor who is removed from the situation.

Note: This list has been compiled for NSW residents. If you access this page from another state or territory please contact your local emergency and support services.

Resource	Phone number	Availability	Intended age group
Emergency '000'	000	24 hours a day	All ages – when you are worried about someone's immediate safety and don't know what to do
Kids Helpline	1800 55 1800	24 hours a day	People between 5 years and 25 years
Headspace	1800 650 890	9am-1am AEST	People between 12 years and 25 years
Lifeline	13 11 14	24 hours a day	All ages
Domestic Violence Line	1800 65 64 63	24 hours a day	All ages
Child Protection Helpline	132 111	24 hours a day	All ages

### Online resources: For children / adolescents

Resource	Web link	Information provided
Kids Health Website	<a href="http://kidshealth.org">kidshealth.org</a>	Health, emotions and life
Headspace	<a href="http://www.eheadspace.org.au">www.eheadspace.org.au</a>	Online counselling (email/chat)
Youth Beyond Blue	<a href="http://www.youthbeyondblue.com">www.youthbeyondblue.com</a>	Youth depression
Reachout	<a href="http://www.reachout.com.au">www.reachout.com.au</a>	Mental health and well-being
Livewire	<a href="http://www.livewire.org.au">www.livewire.org.au</a>	Living with a chronic illness
Whatworks4u	<a href="http://www.whatworks4u.org">www.whatworks4u.org</a>	Mental health of young people

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