

MENTAL HEALTH AND WELLBEING SUPPORT SERVICES FOR YOUNG PEOPLE

Emergency and Crisis Support Numbers

Emergency

- In an emergency situation call **000**.
- If someone has attempted, or is at immediate risk of attempting to harm themselves or someone else call **000** immediately.

Crisis Support (Available 24 hours)

The NSW Mental Health Access Line (NSW)

1800 011 511

- This 24-hour telephone helpline is staffed by mental health clinicians and provides telephone assessment, referral services and advice.

Lifeline

13 11 14

www.lifeline.org.au

- Lifeline provides anyone experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services.

Suicide Call Back Service

1300 659 467

www.suicidecallbackservice.org.au

- A free service for people who are suicidal, caring for someone who is suicidal, or affected by suicide.

Kids Help Line

1800 55 1800

www.kidshelpline.com.au

- Kids Helpline is a free, 24/7 phone and online counselling service for young people aged 5 to 25.

Need support or someone to talk to?

The services below support and assist people with various life issues. Check call rates for each service before using a mobile phone as you may be charged mobile rates.

Mental health

Youth Beyondblue

1300 224 636

<http://www.youthbeyondblue.com/>

- Youth Beyond Blue, aims to empower young people aged 12–25, their friends and those who care for them to respond to anxiety and depression. The service includes a phone line (available 24 hours) online chat (available from 3pm to 12am) and online forums.

eheadspace

1800 650 890

www.eheadspace.org.au

- eheadspace provides online and telephone support and counselling to young people 12 - 25 and their families and friends. eheadspace can help you deal with issues such as bullying, drug and alcohol issues, depression and anxiety, relationships, concerns about a friend, fitting in and isolation.

Headspace Centres

- headspace centres provide a range of services to improve the health and wellbeing of young people aged between 12-25 years. Their services cover four core areas: mental health and wellbeing, physical and sexual health, work and study support, and alcohol and other drug services.

Headspace Camperdown

(02) 9114 4100

<http://headspace.org.au/headspace-centres/headspace-camperdown/>

- Level 2, Building K (Brain and Mind Centre), 97 Church St, Camperdown, 2050

Headspace Ashfield

(02) 9193 8000

<http://headspace.org.au/headspace-centres/ashfield/>

- 260 Liverpool Rd, Ashfield NSW 2131

ReachOut

<http://au.reachout.com/>

- ReachOut is Australia's leading online mental health organisation for young people and their parents. It provides practical information and support, along with online tools to help young people get through anything from everyday issues to tough times and develop self-help skills. ReachOut.com Community Forums also provide safe place for young people to go to talk about stuff going on in their life and connect with others.

Domestic or Family Violence

1800 RESPECT

1800 737 732

www.1800respect.org.au

- 1800RESPECT is the National Sexual Assault Domestic Family Violence counselling service that provide confidential online and telephone counselling, information and referral services 24 hours a day, 7 days a week.

Domestic Violence Line

1800 656 463

www.domesticviolence.nsw.gov.au/

- The Domestic Violence Line is a statewide free-call number available 24 hours, seven days a week. The service provides telephone counselling, information and referrals for women and same-sex partners who are experiencing or have experienced domestic violence.

Relationships Australia

1300 364 277

www.relationships.org.au

- Relationships Australia provides relationship support services for individuals, families and communities, including counselling, family dispute resolution (mediation) and a range of family and community support programs.

Housing, food, money

Mission Australia

<https://www.missionaustralia.com.au/>

- Mission Australia's nationwide services help people find safe and affordable housing, support disadvantaged children and families, empower young people, assist people with mental illness and disability, and much more.

Drugs and Alcohol

Alcohol Drug Information Service (ADIS)

1800 422 599

- ADIS provides over the phone support, information, advice, crisis counselling and referral to services in NSW. It is available 24 hours a day, 7 days a week.

Noffs Foundation

1800 151 045

<https://noffs.org.au/>

- The Noffs Foundation today provides essential services for young people and their families who are experiencing drug and alcohol problems and related trauma including counselling, rehabilitation programs, housing support and mentoring.

Gender and Sexuality

QLife

1800 184 527

www qlife.org.au

- QLife provides anonymous and free LGBTI peer support and referral for people in Australia wanting to talk about sexuality, identity, gender, bodies, feelings or relationships. Online chat support (<https://qlife.org.au/#contact>) is available from 3pm to 12am every day.

Twenty 10 GLCS

(02) 8594 9555

<https://www.twenty10.org.au>

- Twenty10 are a Sydney based service who work with young people aged 12-25 years who are lesbian, gay, bisexual, transgender and gender diverse, intersex, questioning, asexual and more. They provide a range of specialised services including housing, mental health, counselling and social support. They offer a drop in space 2-5pm Mon, Tues, Thurs, Friday.
Address: Level 1, 45 Chippen Street Chippendale

Local Youth Organisations and Services

Youth Block Redfern

<https://www.slhd.nsw.gov.au/CommunityHealth/YouthHealth/default.html>

PCYC Balmain

<https://www.pycnsw.org.au/balmain/>

372 Darling St, Balmain NSW 2041

PCYC Glebe/ Leichhardt Centre

<https://www.pycnsw.org.au/glebe-leichhardt/>

2 Minogue Crescent, Glebe NSW 2037

Inner West Council Youth Network

<https://www.innerwest.nsw.gov.au/live/community-well-being/young-people/youth-programs>

Glebe Youth Service

(02) 9552 2873

<https://glebeyouth.org.au/>

84 Glebe Point Rd, Glebe NSW 2037

M-F 9.30am-5.30pm

Balmain Library - Youth Activities

(02) 9392 5588

370 Darling Street, Balmain