



People who can support you!

Kids Helpline
1800 551 800

Its free, private,
confidential and
open 24/7

Headspace
1800 650 890

Its free, private,
confidential for 12+

Beyond Blue
1300 224 636

Online and telephone
service about mental
health

Bravehearts
1800 272 831

Free telephone service
open 8.30am-4.30pm
Mon-Fri

**Australian
Childhood
Foundation**

1300 381 581
Free call. Support, care
and activities

**Parish
Safeguarding
Officer**

