



People who can support me!

Headspace

1800 650 890

Its free, private, confidential
for 12+

Kids Helpline

1800 551 800

Its free, private, confidential
and open 24/7

Bravehearts

1800 272 831

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

Beyond Blue

1300 224 636

Online and telephone service
about mental health

**Australian Childhood
Foundation**

1300 381 581

Free call. Support, care and
activities

Reachout

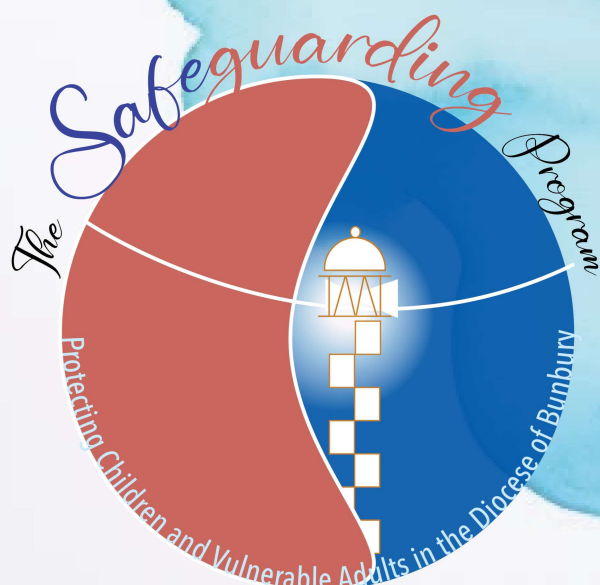
www.au.reachout.com

Online mental health service
supporting young people

1800RESPECT

1800 737 732

National domestic, family and
sexual violence counselling,
information and support service



Parish Safeguarding Officer

