

# Child Friendly Support Services



**Headspace**  
**Call:** 1800 650 890  
**Chat online at**  
[www.headspace.org.au](http://www.headspace.org.au)



**Kids helpline**  
**Call:** 1800 55 1800  
**Visit:**  
[www.kidshelpline.com.au](http://www.kidshelpline.com.au)



**Beyondblue**  
**Call:** 1300 224 636  
**Chat online at**  
[www.online.beyondblue.org.au](http://www.online.beyondblue.org.au)



**CatholicCare Sydney**  
**Call:** 13 18 19  
**Visit:**  
[www.catholiccare.org](http://www.catholiccare.org)



**Lifeline**  
**Call:** 13 11 14  
**Visit** [www.lifeline.org.au](http://www.lifeline.org.au)



**Child Wise**  
**Call:** 1800 991 099  
**Visit:** [www.childwise.org.au](http://www.childwise.org.au)

