

# Support Services for Young People



<p><b>Beyondblue</b>                  Website: <a href="http://www.youthbeyondblue.com">www.youthbeyondblue.com</a>                  Provides phone support with trained mental health professionals, online interactive programs such as BRAVE for anxiety and online forums to connect with other youths to share experiences. Youth beyondblue deals especially with stress, anxiety and feelings of being down.</p>	<p>Phone                  1300 224 636</p>
<p><b>Bravehearts</b>                  Website: <a href="http://www.bravehearts.org.au">www.bravehearts.org.au</a>                  Specialist case management, face to face counselling (QLD only) and telephone counselling in all states and territories for child and adult survivors, non-offending family members and friends engaging with the Royal Commission.</p>	<p>Phone                  1800 272 831</p>
<p><b>CatholicCare Sydney</b>                  Website: <a href="http://www.catholiccare.org">www.catholiccare.org</a>                  Provide support and counselling services to people of any background or denomination. Specialist services include individual and relationship counselling, family support, disability and out of home care services.</p>	<p>Phone                  13 18 19</p>
<p><b>Child Wise</b>                  Website: <a href="http://www.childwise.org.au">www.childwise.org.au</a>                  Trauma informed telephone and online counselling for childhood abuse. Training and organisational capacity building on child abuse prevention.</p>	<p>Phone                  1800 991 099</p>
<p><b>Headspace</b>                  Website: <a href="http://www.headspace.org.au">www.headspace.org.au</a>                  Provides face-to-face information, support and services to young people ages 12 to 25 years. Headspace can help with mental health and wellbeing, general health, alcohol and other drug services, work, school and study.</p>	<p>Phone                  1800 650 890</p>
<p><b>Interrelate</b>                  Website: <a href="http://www.interrelate.org.au">www.interrelate.org.au</a>                  Counselling and support for those affected by institutional child sexual abuse and the work of the Royal Commission. Locations in metropolitan, regional and rural NSW.</p>	<p>Phone                  1300 134 924</p>
<p><b>Kids helpline</b>                  Website: <a href="http://www.kidshelpline.com.au">www.kidshelpline.com.au</a>                  Provides 24/7 phone and online counselling service for young people aged 5 to 25. Support in areas of relationships, family issues, bullying, cyberbullying, gender identity, sexuality, mental health and body issues.</p>	<p>Phone                  1800 551 800</p>
<p><b>Lifeline</b>                  Website: <a href="http://www.lifeline.org.au">www.lifeline.org.au</a>                  24 hour crisis support and suicide prevention.</p>	<p>Phone                  13 11 14</p>
<p><b>Victims Access Line</b>                  Website: <a href="http://www.victimsservices.justice.nsw.gov.au">www.victimsservices.justice.nsw.gov.au</a>                  Provides confidential support and information to victims of all crimes, including sexual and physical assault and domestic violence.</p>	<p>Phone                  1800 633 063</p>