

# Where to go for support



**If someone is injured or at immediate risk of hurting themselves or someone else call 000 immediately.**

## Help with a crisis

(online chat available)

**Kids Help Line** 1800 55 1800  
kidshelpline.com.au (add Chat icon)

**Lifeline** 13 11 14  
lifeline.org.au (add Chat icon)

**Rape Crisis Line** 1800 424 017  
nswrapecrisis.com.au \_

**1800RESPECT** 1800 737 732  
Counselling support for sexual assault and family/domestic violence(add chat icon)

**Suicide Call back Service** 1300 659 467  
suicidecallbackservice.org.au (add Chat icon)

**Mental Health Telephone Access Line** 1800 011 511

## Help with your Mental Health

headspace

Gosford 4304 7870

Lake Haven 4394 9100

Support for young people aged 12-24 with health and wellbeing

Youth Health 4356 9333

Qlife 1800 184 527

[www.qlife.org.au](http://www qlife.org.au) (chat icon)

Youth Beyond Blue 1300 22 4636 (24hrs)

Youthbeyondblue.com (chat symbol)

## Help with food, housing and money

Link to home  
Emergency  
Accommodation  
Line

1800 152 152

Coast Shelter  
4325 3540

## Help with drugs and alcohol

Alcohol & Drug  
Information  
Service  
24/7

1800 422 599

1800 250 015

## eMental health apps

eheadspace  
1800 650 890

[www.eheadspace.org.au](http://www.eheadspace.org.au)

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

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

## Cyber safety and bullying

[antibullying.nsw.gov.au](http://antibullying.nsw.gov.au)

[esafety.gov.au](http://esafety.gov.au)

## Aboriginal Services

Yerin Aboriginal Health Service  
Yadhaba Wellbeing Services 4351 1040  
Support for young people aged 14 years to adults  
<https://yerin.org.au/>

Your local doctor is also a great place to start – they are training to help with any type of physical or mental health issues.

Getting involved in new activities can help you feel better. Here are some examples of activities you can take part in.

- Physical activities like sports, yoga, dance, etc.
- Cultural activities such as music, theatre, choirs, film, painting, writing etc.
- Join or volunteer with an organisation, be it related to religion, politics, the environment, animals, gaming, or whatever interests you.