Seek Help When You Need It

There are times when all of us find it difficult to cope with anxiety and stress by ourselves. Some people you can turn to for help are: your GP, counsellors, and other trusted adults. You should also consider these options:

WEBSITES
www.youthbeyondblue.com
www.lifeline.org.au
www.sane.org
www.reachout.com
www.headspace.org.au
www.somazone.com.au
www.inspire.org.au

HELPLINES
Youthbeyondblue: 1300 22 4636
Kids Helpline: 1800 55 1800
Lifeline: 13 11 14
Sane Australia: 1800 18 7263

ONLINE COUNSELLING
www.kidshelp.com.au