What if I’m Struggling with My Sense of Control?

Lots of people experience times in their lives when things seem overwhelming and beyond control. In those situations, it can be very helpful to speak with someone. Friends, family, trusted adults, and medical professionals are good people to start with. But also think about:

**ONLINE COUNSELLING**
www.kidshelp.com.au

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

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