

YOUNG PEOPLE

ReachOut

<https://au.reachout.com/tools-and-apps>

Information for young people about mental health issues. List of tools and apps available to support positive mental health.

Kidsline

www.kidshelpline.com.au

1800 551 800

Free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.

Samaritans Youthline WA

1800 198 313

08 9388 2500

support@thesamaritans.org.au

Community youth support service

Headspace

1800 650 890 – 09:00 am - 01:00 am 7 days AEST

<https://headspace.org.au/>

Information and support for young people on mental health and wellbeing, group chats available. Build a personalised mental health tool kit.

Youth Focus

9266 4333

<https://youthfocus.com.au/>

Support for 12-25 year olds feeling sad, lonely or depressed and have been for a period of time.

Bite Back

<https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/bite-back/>

Online positive psychology program designed to improve wellbeing and resilience in young Australians 13-16 years old.