

Helpful Websites and Phone Numbers of Youth Services

Reach Out! - Families

Heaps of articles by young people and advice from experts about dealing with a wide range of family issues.

<http://au.reachout.com/>

eHeadspace

Talk to other young people and professionals and get advice to help with your problems.

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

Ph: 1800 650 890

Frontyard Youth Services

Help for people between 12 and 25. Free services include family support, housing support and health services.

<http://www.melbournecitymission.org.au/>

Ph: (03) 8625 4444

youthbeyondblue

Info about how family and friends can help with depression & anxiety.

<https://www.youthbeyondblue.com/>

Ph: 1300 22 4636

Griefline

Free counselling support services for individuals and families.

<http://griefline.org.au/>

National & Metro Melbourne: (03) 9935 7400

National – Landline only: 1300 845 745

kidshelpline

Kids Helpline is a free and confidential telephone and online counselling service for young people aged between 5 and 25. You can speak to a counsellor 24 hours a day, 7 days a week.

www.kidshelp.com.au

Ph: 1800 55 1800