

Wellbeing Support Services



PH: 13 11 14 - Life provides 24/7 crisis support and suicide prevention services via telephone all over Australia. They can assist people when they are having personal crisis, experiencing suicidal thoughts or want to attempt suicide.



PH: 1300 659 467 - Suicide Call Back Service is an Australian wide service that provides professional 24/7 telephone and online counselling to people that are affected by suicide.



PH: 1800 55 1800 or kidshelpline.com.au – Kids Helpline is a free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25 yrs. They encourage young people to access them to talk about anything and everything including friendships, mental health, bullying, school stress, or everyday life.



Crisis Assessment and Treatment Team (CATT) – PH: 1800 629 354 – CATT provide a 24/7 service for assessment and treatment of people exhibiting mental health issues in crisis situations.



PH: 6201 5343 E- Headspace 1800 650 890 (www.headspace.org) – Headspace Canberra is a free low-cost service where people 12 – 25yrs can access qualified youth mental health professionals including counsellors, psychologists, psychiatrists and other workers. They also facilitate groups, hold info sessions and offer sexual health services and drug and alcohol services.



PH: 6232 2423 – The Junction is a free health care service for young people aged 12 – 25yrs living in the ACT and surrounds. Appointments are bulk billed and available without parents or a Medicare care. They have doctors, nurses and counsellors available for any young person to access and are located next to Civic Youth Centre.



PH: 6287 8066 – Offers interventions (usually CBT) for people with moderate to severe mental health concerns; including major depression, severe anxiety, PTSD & OCD. This service is free for those not already engaged with mental support; however, a doctor’s referral is required for people under 16yrs of age. They have multiple offices around ACT.



Reach Out (www.reachout.com) – Take control of whatever your going through. Use ReachOut.com to figure things out and make life better. This website offers fact sheets, forums and other resources designed specifically for young people. ReachOut.com is an initiative of the Inspire Foundation.

They also list useful tools and apps to assist with improving wellbeing – <http://au.reachout.com/sites/thetoolbox>



Beyond Blue and Youth Beyond Blue PH: (02) 6287 8066 (www.beyondblue.org.au) and (www.youthbeyondblue.com) – Youth beyond blue is a dedicated site for youth. Information resources and support for young people dealing with depression /anxiety.



Young Carers (www.youngcarers.net.au) PH: 1800 242 636 – Information for young people on how to look after yourself and a person you are caring for. Young Carers is an initiative of Carers Australia.



Children of Parents with a Mental Illness (COMPI) (www.compi.net.au) – Information for kids, teens and adults who have a parent with a mental illness condition.