



## When you want to go online

**Kids Helpline** | [www.kidshelp.com.au](http://www.kidshelp.com.au)

**Headspace** | [www.eheadsapce.org.au](http://www.eheadsapce.org.au)

**Youth Beyond Blue** | [www.youthbeyondblue.com](http://www.youthbeyondblue.com)

**Lifeline** | [www.lifeline.org.au](http://www.lifeline.org.au)

## Learn about wellbeing and relationships

**Reachout** | How to deal with problems | [www.reachout.com.au](http://www.reachout.com.au)

**Headspace** | Information on how to help yourself and others through difficult times | [www.headspace.org.au](http://www.headspace.org.au)

**Youth Beyond Blue** | How to deal with problems  
[www.youthbeyondblue.com](http://www.youthbeyondblue.com)

**Child and Youth Health** | Information for teenagers on physical and mental health | [www.cyh.com](http://www.cyh.com)

**Kids Helpline** | Information on friendships, body image, problem solving, feelings and stress | [www.kidshelpline.com.au](http://www.kidshelpline.com.au)

**Bite Back** | Discover ways to amplify the good stuff in life, track your mood and share stories | [www.biteback.org.au](http://www.biteback.org.au)

**Black Dog** | Information on mood disorders such as depression and bipolar disorder | [www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)

**Young and Well** | Supporting young people to feel safe, healthy and resilient | [www.youngandwellcra.org.au](http://www.youngandwellcra.org.au)

**Youth Friendly Doctors** | Find a youth friendly doctor in your area | [www.dryes.com.au](http://www.dryes.com.au)

**Get the Facts** | Information on sexual health relationships  
[www.getthefacts.health.wa.gov.au](http://www.getthefacts.health.wa.gov.au)

For more information on services go to:  
[www.wacountry.health.wa.gov.au/schoolhealth](http://www.wacountry.health.wa.gov.au/schoolhealth)

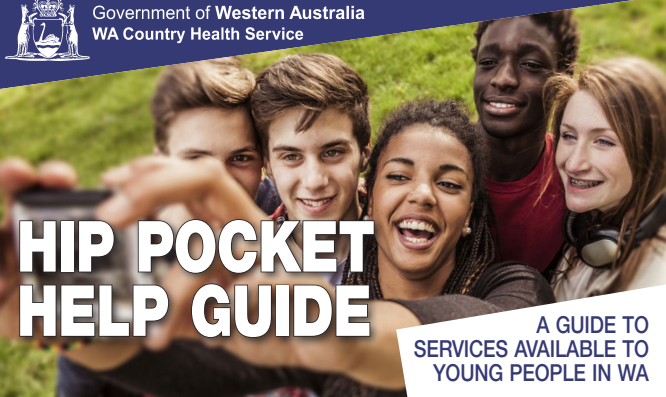


Government of Western Australia  
WA Country Health Service



# HIP POCKET HELP GUIDE

A GUIDE TO  
SERVICES AVAILABLE TO  
YOUNG PEOPLE IN WA



# Everybody needs a hand sometimes!

**Community School Health Nurses offer a range of free and confidential services.**

If you need to chat, are looking for advice or have a health issue then contact the community health nurse at your school.

Or, contact any of these services:

**YOU ARE ONE OF A KIND!**

## When you feel in crisis

**Mental Health Emergency Response Line (24 hr)** 1800 676 822

**Lifeline WA (24 hr)** | 13 11 14 | [www.lifeline.org.au](http://www.lifeline.org.au)

**Crisis Care (24 hr)** | 1800 199 008

**Kids Helpline (24 hr)** | 1800 55 1800 | [www.kidshelp.com.au](http://www.kidshelp.com.au)

**Beyondblue – Info Line (24hr)** | 1300 224 636

**Suicide Call Back Service (24hr)**

1300 659 467 | [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

**Sexual Assault Resource Centre (S.A.R.C.)**

**Crisis Line (24 hr)** | (08) 9340 1828 | 1800 199 888

**RuralLink (Rural Communities)** | 1800 552 002

**Alcohol and Drug Info Service** | 1800 198 024

## When you want to chat in person

**Youth Focus** | (08) 6266 4333 | [www.youthfocus.com.au](http://www.youthfocus.com.au)

**Headspace** | 1800 650 890 | [www.headspace.org.au](http://www.headspace.org.au)

**YMCA Links** | (08) 9328 3522 | 9328 3566 | [www.hq.org.au](http://www.hq.org.au)

**YouthLink** | 1300 362 569 | [www.youthlink.perthwa.net](http://www.youthlink.perthwa.net)

**Freedom Centre** | Support, information about gender related issues | (08) 9228 0354 | [www.freedom.org.au](http://www.freedom.org.au)

## When you want a happy app

**Smiling Mind – Relaxation app** | [www.smilingmind.com.au](http://www.smilingmind.com.au)  
or download app for free in iTunes

**Reach Out Worry Time App** | Free download  
[www.reachout.com/reachout-worrytime-app](http://www.reachout.com/reachout-worrytime-app)

