

## Growing Up in Australia

The Longitudinal Study  
of Australian Children



# Youth

## SUPPORT SERVICES INFORMATION

Emergency services		
Ambulance, Police, Fire	000	
Police Assistance Line (non-emergencies) <i>For VIC, please contact your local police station</i>	13 14 44	
General support		
Kids Helpline (5–25 years of age) <a href="http://kidshelpline.com.au/young-adults">kidshelpline.com.au/young-adults</a>	1800 551 800	🗨️ ✉️
Bullying. No way! <a href="http://bullyingnoway.gov.au">bullyingnoway.gov.au</a>		
Office of the eSafety Commissioner <a href="http://esafety.gov.au">esafety.gov.au</a>		
MoneySmart – Australian Securities & Investments Commission (ASIC) <a href="http://moneysmart.gov.au">moneysmart.gov.au</a>		
1800RESPECT (National sexual assault, domestic and family violence counselling) <a href="http://1800respect.org.au">1800respect.org.au</a>	1800 737 732	🗨️
Mental health		
ReachOut Australia <a href="http://au.reachout.com">au.reachout.com</a>		🗨️
Beyond Blue <a href="http://beyondblue.org.au">beyondblue.org.au</a>	1300 224 636	🗨️ ✉️ 🗨️
Headspace (National Youth Mental Health Foundation) <a href="http://headspace.org.au">headspace.org.au</a>	1800 650 890	🗨️ ✉️ 🗨️
Lifeline <a href="http://lifeline.org.au">lifeline.org.au</a>	13 11 14	🗨️ 📱
MensLine Australia <a href="http://mensline.org.au">mensline.org.au</a>	1300 78 99 78	🗨️
Suicide Call Back Service <a href="http://suicidecallbackservice.org.au">suicidecallbackservice.org.au</a>	1300 659 467	🗨️
Butterfly Foundation (support for eating disorders and negative body image issues) <a href="http://butterfly.org.au">butterfly.org.au</a>	1800 334 673	🗨️ ✉️
Gamblers Anonymous – Australia <a href="http://gaaustralia.org.au">gaaustralia.org.au</a>	Refer to website for state based phone numbers	✉️ 🗨️

Gambling Help Online <a href="http://gamblinghelponline.org.au">gamblinghelponline.org.au</a>	1800 858 858	🗨️ 🗨️
Drug-related support		
Counselling Online (Drug and alcohol counselling) <a href="http://counsellingonline.org.au">counsellingonline.org.au</a>	Refer to website for state based phone numbers	🗨️ ✉️ 🗨️
National Alcohol and Other Drug Hotline	1800 250 015	
Alcohol and Drug Foundation <a href="http://adf.org.au">adf.org.au</a>	1300 858 584	✉️
Quitline <a href="http://quitlinesa.org.au">quitlinesa.org.au</a>	13 78 48	🗨️ ✉️
Gender, sexuality and sexual health		
QLife (Counselling/Referral service for LGBTI) <a href="http://qlife.org.au">qlife.org.au</a>	1800 184 527	🗨️
Transcend (Sex and Gender Diversity) <a href="http://transcendsupport.com.au">transcendsupport.com.au</a>		✉️
Family Planning NSW <a href="http://fpnsw.org.au">fpnsw.org.au</a>	1300 658 886	✉️
Family Planning Victoria <a href="http://fpv.org.au">fpv.org.au</a>	1800 013 952	✉️
True: Relationships and Reproductive Health <a href="http://true.org.au">true.org.au</a>	(07) 3250 0200 (Brisbane office) Refer to website for other Queensland office phone numbers	✉️
Sexual Healthline (SHine) SA <a href="http://shinesa.org.au">shinesa.org.au</a>	1300 794 584	✉️
Sexual Health Quarters (SHQ) WA <a href="http://shq.org.au">shq.org.au</a>	(08) 9227 6177	✉️
Family Planning Welfare Association of NT Inc. <a href="http://fpwnt.com.au">fpwnt.com.au</a>	(08) 8948 0144	✉️
Sexual Health and Family Planning ACT <a href="http://shfpact.org.au">shfpact.org.au</a>	(02) 6247 3077	✉️
Family Planning Tasmania <a href="http://fpt.asn.au">fpt.asn.au</a>	Refer to website for regional phone numbers	✉️
Local services		
Local doctor		
Hospital (Accident and Emergency)		
School/University/Work Counselling Service		
<span>🗨️ Online chat</span> <span>🗨️ Online Forums</span> <span>✉️ Email</span> <span>🗨️ Face-to-face meetings</span> <span>📱 Text</span>		

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