

## Growing Up in Australia

The Longitudinal Study  
of Australian Children



# Youth SERVICES



### Emergency services

Ambulance, Police, Fire	000	
Police Assistance Line ( <i>non-emergencies. For VIC, please contact your local police station</i> )	13 14 44	






### General support

Kids Helpline ( <i>5–25 years of age</i> ) <a href="http://www.kidshelpline.com.au/young-adults">www.kidshelpline.com.au/young-adults</a>	1800 551 800	 
Bully Zero Australia Foundation <a href="https://bullyzero.org.au">https://bullyzero.org.au</a>	1800 028 559	
Reach Out <a href="http://www.reachout.com.au">www.reachout.com.au</a>		
The Line <a href="http://www.theline.org.au">www.theline.org.au</a>		
Office of the eSafety Commissioner <a href="http://www.esafety.gov.au">www.esafety.gov.au</a>		
MoneySmart – Australian Securities & Investments Commission (ASIC) <a href="http://www.moneysmart.gov.au/life-events-and-you/under-25s">www.moneysmart.gov.au/life-events-and-you/under-25s</a>		








### Mental health

Beyond Blue <a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a>	1300 224 636	  
eHeadspace ( <i>National Youth Mental Health Foundation</i> ) <a href="http://www.eheadspace.org.au">www.eheadspace.org.au</a>	1800 650 890	  
Lifeline <a href="http://www.lifeline.org.au">www.lifeline.org.au</a>	13 11 14	 
Suicide Call Back Service <a href="http://www.suicidecallbackservice.org.au">www.suicidecallbackservice.org.au</a>	1300 659 467	
Butterfly Foundation ( <i>support for eating disorders and negative body image issues</i> ) <a href="https://thebutterflyfoundation.org.au/">https://thebutterflyfoundation.org.au/</a>	1800 334 673	 
Gamblers Anonymous – Australia <a href="http://www.gaaustralia.org.au/">www.gaaustralia.org.au/</a>	<i>Refer to website for state based phone numbers</i>	 

### Drug-related support

Counselling Online ( <i>Drug and alcohol counselling</i> ) <a href="http://www.counsellingonline.org.au">www.counsellingonline.org.au</a>	<i>Refer to website for state based phone numbers</i>	 
National Alcohol and Other Drug Hotline	1800 250 015	
Alcohol and Drug Foundation <a href="http://www.adf.org.au">www.adf.org.au</a>	1300 858 584	
Quitline <a href="http://www.quitlinesa.org.au">www.quitlinesa.org.au</a>	13 78 48	 

### Gender, sexuality and sexual health

QLife ( <i>Counselling/Referral service for LGBTI</i> ) <a href="http://www.qlife.org.au">www.qlife.org.au</a>	1800 184 527	
Transcend ( <i>Sex and Gender Diversity</i> ) <a href="http://www.transcend-support.com.au">www.transcend-support.com.au</a>		
Family Planning NSW <a href="http://www.fpnsw.org.au">www.fpnsw.org.au</a>	1300 658 886	
Family Planning Victoria <a href="http://www.fpv.org.au">www.fpv.org.au</a>	1800 013 952	
True: Relationships and Reproductive Health <a href="http://www.true.org.au/">www.true.org.au/</a>	(07) 3250 0200 ( <i>Brisbane office</i> ) <i>Refer to website for other Queensland office phone numbers</i>	
Sexual Healthline (SHine) SA <a href="http://www.shinesa.org.au">www.shinesa.org.au</a>	1300 794 584	
Sexual Health Quarters (SHQ) WA <a href="https://shq.org.au">https://shq.org.au</a>	(08) 9227 6177	
Family Planning Welfare Association of NT Inc. <a href="http://www.fpwnt.com.au">www.fpwnt.com.au</a>	(08) 8948 0144	
Sexual Health and Family Planning ACT <a href="http://www.shfpact.org.au">www.shfpact.org.au</a>	(02) 6247 3077	
Family Planning Tasmania <a href="http://www.fpt.asn.au">www.fpt.asn.au</a>	<i>Refer to website for regional phone numbers</i>	

### Local services

Local doctor	
Hospital (Accident and Emergency)	
School/University/Work Counselling Service	

 Online chat  Forums  Email  Face-to-face meetings  Text

Growing Up in Australia

Phone: 1800 005 508

Email: [growingup@updatedetails.growingupinaustralia.gov.au](mailto:growingup@updatedetails.growingupinaustralia.gov.au)

Visit our website at: [growingupinaustralia.gov.au](http://growingupinaustralia.gov.au)