



SUPPORT SERVICES

If you or someone you know is in need of support,
we recommend the following helpline services



Crisis Support. Suicide Prevention.



13 11 14



kids helpline



1800 551 800



1800 806 292



headspace



headspace.org.au

REACHOUT



www.au.reachout.com



smilingmind.org.au



RAINBOW
NETWORK



rainbownetwork.com.au



eatingdisorders.org.au