


Helpful Services for Tough Times



headspace Cannington provides FREE and confidential mental health and work and study support for young people aged 12-25. Students can self refer but depending on age may need parent permission.

 (08) 9358 9800

 [headspace.org.au](https://www.headspace.org.au)





 **1800 55 1800**

 [kidshelpline.com.au](https://www.kidshelpline.com.au)

FREE Phone support service for teenagers. Anytime. Any reason.




 (08) 6266 4333

 [youthfocus.com.au](https://www.youthfocus.com.au)

Youth Focus is a leading not-for-profit organisation that delivers innovative and accessible mental health services and programs across Western Australia to help at-risk young people aged 12 to 25 lead full and healthy lives.




REACHOUT

 [reachout.com.au](https://www.reachout.com.au)

ReachOut helps you deal with stress, anxiety, depression, and whenever life doesn't go as planned. Peer chat, articles, tools and apps.



 **13 11 14**

Lifeline provides all Australians experiencing a personal crisis with access to FREE 24 hour crisis support and suicide prevention.



 **1800 737 732**

1800RESPECT is the national domestic, family and sexual violence counselling, information and support service. It provides FREE phone support.