

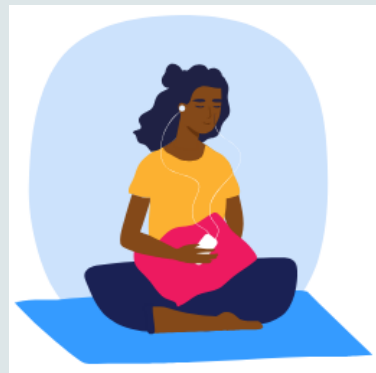


# HELPFUL SERVICES TO CONTACT IN A CRISIS

(OR WHEN YOU NEED SUPPORT AFTER HOURS)

## LIFELINE

24-hour support if you are experiencing a personal crisis or feeling suicidal  
Contact: 13 11 14



## KIDS HELPLINE



Want to talk to someone about something that is troubling you?  
Contact: 1800 55 1800  
(available 24 hours)

## HEADSPACE

Chat privately with a professional counsellor over the phone or webchat if you want some advice, or unsure of what help you need  
Contact: [headspace.org](https://www.headspace.org) or call Knox Headspace on 9801 6088  
(available between 9am – 1am)



## YOUTH BEYOND BLUE



Talk to a counsellor if you're feeling anxious or depressed  
Contact: 1300 22 4636  
(available 24 hours)

## EACH YOUTH CLINIC\*

Provides a free, confidential and caring GP clinic for young people  
\*Not a crisis service  
Contact: 9871 1802 to make an appointment  
(open Mon-Fri 8.30am-5.30pm)



For more information, contact a Youth Worker at MIC on 9285 4888 during business hours or message us on Facebook.