



Adolescent support services - where to go for help?

Kids Helpline provides free, private and confidential telephone and online counselling for young people (5- 25 year olds). You can phone *anytime* on 1800 55 1800 or go to www.kidshelp.com.au.

Somazone is a safe space for young people to ask questions, share stories and get help for mental health issues, sexual health, relationships, abuse, body image, and drug use. Visit the website at www.somazone.com.au.

Other mental health support services include: www.reachout.com.au, www.youthbeyondblue.com.au, or www.headspace.org.au.

You can also talk through any problems with your school's Community Health Nurse. Remember, no matter how big or small your problem is, **there is help available** and it is important to seek help **as soon as possible**.

Parents can find useful information to help their teenagers through everyday issues and tough times using the new online resources from **ReachOut Parents**: <https://parents.au.reachout.com/>.