



*We have some key social issues, but who can we contact for help?
Below is a comprehensive list of key services who can assist you.*

000 for emergency.

[Lifeline](http://www.lifeline.org.au) on 13 11 14 is a free and confidential service staffed by trained telephone counsellors. <http://www.lifeline.org.au>

[Kids Helpline](http://www.kidshelp.com.au/) on [1800 551 800](tel:1800551800) is a free and confidential, telephone counselling service for 5- to 25-year-olds in Australia. <http://www.kidshelp.com.au/>

Bullying No Way provides support and information for school communities.

<http://www.bullyingnoway.com.au/>

[MensLine Australia](tel:1300789978) on [1300 789 978](tel:1300789978)

[Suicide Call Back Service](tel:1300659467) on [1300 659 467](tel:1300659467)

[Beyond Blue](tel:1300224636) on [1300 22 46 36](tel:1300224636) Beyond blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.

[Headspace](http://www.headspace.org.au) on [1800 650 890](tel:1800650890) Headspace is a national youth mental health foundation. They can help young people who are going through a tough time. There are centres all over Australia that you can go to.

<http://www.headspace.org.au>

[ReachOut](http://au.reachout.com) at au.reachout.com

ReachOut is anonymous and here for you 24/7. It's packed with loads of facts and info, stories, videos, blogs and forums to help you deal with whatever you're going through.

Text a Drug Name [0439 835 563](tel:0439835563)

If you have a query about any substance, text the name to this number and you will receive a reply in a couple of minutes, or visit www.adf.org.au

PH | [0473 245 367](tel:0473245367). **E** | soaringeagles1@bigpond.com

W | soaringeagles.com.au