

Mental Health Triage Svc ACT 1800 629 354

Kids helpline 1800 55 1800

Lifeline 13 11 14

Beyond Blue 1300 224 636

Suicide Call Back Service 1300 659 467

Headspace 6231 2927

Pulse 6166 1421

Clare House 6166 0588

Aboriginal Health Service 6234 0777

Reachout.com

RUOK.org.au

You can also talk to your GP, your teacher or
someone you trust.

**IF U
AREN'T
OK**

**FOR CHILDREN
AND YOUNG
PEOPLE**



**Communities
for Children**

Funded by the Australian Government
Department of Social Services



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Lifeline	13 11 14
Beyond Blue	1300 224 636
Suicide Call Back Service	1300 659 467
MensLine Australia	1300 789 978
Rural Alive and Well	1300 4357 6283
SANE	1800 187 263
Relationships Australia	1300 364 277
Aboriginal Health Service	6234 0777
Your GP	



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FOR
EVERYONE**



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