

# Support Services for Young People



Please speak with a parent, carer or trusted adult for support before contacting the below support services. All children and young people have the right to feel safe.

<p><b>CatholicCare Sydney</b>                  Website: <a href="http://www.catholiccare.org">www.catholiccare.org</a>                  Provide support and counselling services to people of any background or denomination. Specialist services include individual and relationship counselling, family support, child disability support, child sexual assault counselling, youth at risk support and out of home care services.</p>	<p>Phone 13 18 19</p>
<p><b>Beyondblue</b>                  Website: <a href="http://www.youthbeyondblue.com">www.youthbeyondblue.com</a>                  Provides phone support with trained mental health professionals, online interactive programs such as BRAVE for anxiety and online forums to connect with other youths to share experiences. Youth Beyondblue deals especially with stress, anxiety and feelings of being down.</p>	<p>Phone 1300 224 636</p>
<p><b>Bravehearts</b>                  Website: <a href="http://www.bravehearts.org.au">www.bravehearts.org.au</a>                  Specialist case management and telephone counselling in all states and territories for child and adult survivors, non-offending family members and friends engaging with the Royal Commission.</p>	<p>Phone 1800 272 831</p>
<p><b>Department of Communities and Justice NSW</b>                  Website: <a href="https://www.dcj.nsw.gov.au/">https://www.dcj.nsw.gov.au/</a>                  Committed to the safety and wellbeing of children and young people and protecting them from risk of harm, abuse and neglect.</p>	<p>Phone 13 2111</p>
<p><b>eSafety Commissioner</b>                  Website: <a href="http://www.esafety.gov.au">www.esafety.gov.au</a>                  Provides programs and resources to young people who are or may be experiencing online bullying or abuse. The eSafety Commissioner assists young people in making complaints and reports if they are experiencing cyberbullying, online bullying, image-based abuse or illegal/harmful content.</p>	<p>Phone Not Applicable</p>
<p><b>Headspace</b>                  Website: <a href="http://www.headspace.org.au">www.headspace.org.au</a>                  Provides face-to-face information, support and services to young people ages 12 to 25 years. Headspace can help with mental health and wellbeing, general health, alcohol and other drug services, work, school and study.</p>	<p>Phone 1800 650 890</p>
<p><b>Kids helpline</b>                  Website: <a href="http://www.kidshelpline.com.au">www.kidshelpline.com.au</a>                  Provides 24/7 phone and online counselling service for young people aged 5 to 25. Support in areas of relationships, family issues, bullying, cyberbullying, mental health and body issues.</p>	<p>Phone 1800 551 800</p>
<p><b>Lifeline</b>                  Website: <a href="http://www.lifeline.org.au">www.lifeline.org.au</a>                  24 hour crisis support and suicide prevention.</p>	<p>Phone 13 11 14</p>
<p><b>Victims Access Line</b>                  Website: <a href="http://www.victimsservices.justice.nsw.gov.au">www.victimsservices.justice.nsw.gov.au</a>                  Provides confidential support and information to victims of all crimes, including sexual and physical assault and domestic violence.</p>	<p>Phone 1800 633 063</p>
<p><b>Youth off the Streets</b>                  Website: <a href="http://www.youthoffthestreets.com.au">www.youthoffthestreets.com.au</a>                  Provides homelessness/housing support, mental health support, life skills and personal growth support, training and employment support as well as cultural support to young people.</p>	<p>Phone 9330 3500</p>