

SUPPORTS FOR MY PARENTS/CARERS

My parents/carers can contact these numbers if they would like more information about how to best support me

SERVICE	PHONE	WEBSITE
<p>Emergency Services</p> <p>If you have <u>immediate</u> safety concerns for your child.</p>	000	
<p>Psychiatric Triage</p> <p>If you have concerns about your child's mental health and/or safety in regard to self-harm or suicidal ideation</p>	1300 369 012	https://monashchildrenshospital.org/mental-health/
<p>Lifeline 24/7 Crisis Support</p>	<p>Phone call 13 11 14</p> <p>Text 0477 131 114</p>	<p>https://www.lifeline.org.au/</p> <p>Chat online</p>
<p>Parentline Victoria</p> <p>8am to midnight 7 days a week Experienced and qualified counsellors. Expert parenting advice.</p>	13 22 89	https://services.dffh.vic.gov.au/parentline
<p>Headspace Support for friends and families of children 12 to 25 years</p>	1800 650 890	https://headspace.org.au/friends-and-family/life-issues/
<p>Beyond Blue Supporting someone with mental illness</p>	1300 22 4636	https://www.beyondblue.org.au/the-facts/supporting-someone

