support over the holidays

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some support options for you or a loved one over the holiday period

Kids Helpline

A free, confidential 24/7 online and phone counselling service for young people aged 5-25.
Call 1800 55 1800 or visit www.kidshelpline.com.au

Lifeline

Lifeline provides free 24/7 crisis support and suicide prevention services for people of all ages.
Call 13 11 14 or visit www.lifeline.org.au

Suicide Call Back Service

Offers free professional 24/7 phone and online counselling support to people affected by suicide aged 15+
Call 1300 659 467 or visit www.suicidecallbackservice.org.au

Mental Health Line

NSW Health's free 24/7 statewide phone service which links people with NSW Health mental health services.
Call 1800 011 511

13 Yarn

Provides free 24/7 crisis support for Aboriginal and Torres Strait Islander people of all ages.
Call 13 92 76 or visit www.13yarn.org.au

Safe Haven - North Ryde

A place to chat with qualified peer support workers & mental health professionals if you are feeling distressed or having suicidal thoughts. Open Monday to Sunday from 4pm-8pm.
Located at Macquarie Hospital, Building 72, 59 Wicks Road, North Ryde 2113. Supports young people aged 12 to 17 years old.

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Northern Sydney Local Health District

Youth Response Team - YRT

YRT provides mental health assessment and crisis support for young people aged 12-17 experiencing suicidal distress within the community. YRT engages with young people in a space that best suits them. To access call the Mental Health Line - 1800 011 511

ReachOut

Provides free anonymous 1:1 peer support to young people aged 16-25 online from 3-8pm Monday-Thursdays & 11:30am-4:30pm Fridays. Visit https://au.reachout.com/

eheadspace online & phone support

eheadspace provides online mental health support for young people aged 12-25 from 3-10pm.
Call 1800 650 890 or visit www.headspace.org.au/eheadspace

1800 RESPECT

1800RESPECT is available for free, 24/7 to support people of all ages impacted by domestic, family or sexual violence.
Call 1800 737 732, text 0458 737 732, chat online or visit https://1800respect.org.au/

QLife

Provides free and anonymous peer-support and referral service run by LGBTIQA+SB people for LGBTIQA+SB people of all ages from 3-9pm. Call 1800 184 527 or visit https://qlife.org.au

Beyond Blue

Provides free, 24/7 confidential counselling services to people of all ages looking for help with their mental health.
Call 1300 22 4636 or visit www.beyondblue.org.au