

# Resources for when we aren't available:

If you need support outside school hours, here are some people you can talk to:

## Headspace

<https://headspace.org.au/online-and-phone-support/>

<https://headspace.org.au/headspace-centres/knox/>

## Kidshelpline

1800 55 1800

Webchat: <https://kidshelpline.com.au/get-help/webchat-counselling>

## Lifeline

13 11 14

Webchat: <https://www.lifeline.org.au/crisis-chat/>

## QLife (LGBTQIA+ Support)

1800 184 527

Webchat: <https://qlife.org.au/resources/chat>

## 1800 Respect (Family Violence)

1800 737 732