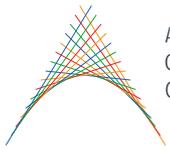
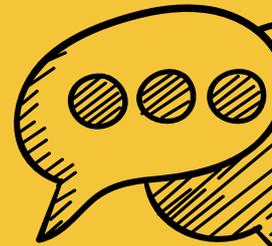


# WHERE TO GET HELP AND SUPPORT

It is important to remember that nothing is so bad that you can't tell someone.

You can always ask for help if something goes wrong online; you don't need to manage these issues alone.

Here are a list of options to report crime as well as support services.



AUSTRALIAN  
CENTRE TO COUNTER  
CHILD EXPLOITATION



## Australian Centre to Counter Child Exploitation

<https://www.accce.gov.au/>

Provides **information** on online safety and ways to **report** online crimes.



## Crime Stoppers

1800 333 000

<https://crimestoppers.com.au/>

Crime Stoppers is the trusted information receiving service to share what you know about unsolved crimes and suspicious activity without saying who you are.



## Police

000 | 131 444

Call **000** if you or someone you know is in immediate **danger**.  
Call **131 444** for police non-urgent help or your local police station.



## ThinkUKnow

<https://thinkuknow.org.au/>

ThinkUKnow can provide resources on online safety as well as **information** and resources for **reporting** online crimes.



## eSafety Commissioner

<https://www.esafety.gov.au/>

eSafety provides online safety **resources and training** for teachers, schools and communities, and can help take down **serious cyberbullying** material and intimate images/videos resulting from **image-based abuse**.



## Bullying. No Way!

<https://bullyingnoway.gov.au/>

Bullying. No Way! provides information and support for students, families and school communities on understanding, preventing and responding to bullying.



## headspace

<https://headspace.org.au/>

headspace focuses on youth mental health, providing **information**, online and phone **support**, as well as walk-in **locations** around Australia.



kidshelpline  
Anytime | Any Reason



## Kids Helpline

1800 55 1800

<https://kidshelpline.com.au/>

Kids Helpline is Australia's only free (even from a mobile), confidential 24/7 online and phone counselling service for young people aged 5 to 25. Qualified counsellors at Kids Helpline are available via WebChat, phone or email anytime and for any reason.



## Lifeline

13 11 14

<https://www.lifeline.org.au/>

A national service providing all Australians experiencing a personal crisis with access to 24-hour **confidential support** and suicide prevention.



## ReachOut

<https://au.reachout.com/>

An online **mental health** service for young people and their parents. They can provide specially targeted **information** to **help** any young person who visits their service. There is also an online forum to chat and connect with others (aged 14-25)



## School support services

If you need assistance, support or advice if something goes wrong, your school counselling service can help provide guidance.



## QLife

1800 184 527

<https://qlife.org.au/>

A national service that provides **anonymous** and **free LGBTIQ+** peer **support** and referral for people wanting to talk about sexuality, identity, gender, bodies, feelings or relationships.