







Available Support Resources within our Community

Community Organisation	Contact Telephone Number	Description of support services – from their individual websites
Lifeline Australia 	13 11 14	Lifeline is a non-profit organisation that provides free, 24-hour Telephone Crisis Support service in Australia.
Lifeline Australia (Text 6pm to Midnight) 	0477 13 11 14	Lifeline is a non-profit organisation that provides free, 24-hour Telephone Crisis Support service in Australia. Text option is available between from 6:00pm-12:00am (midnight).
Beyond Blue 	1300 224 636	Beyond Blue is an Australian independent non-profit organisation working to address issues associated with depression, suicide, anxiety disorders and other related mental disorders.
My Place Youth Centre 	1800 496 884	Young people can receive support over the phone from the Pakenham Youth Centre
Headspace 	1800 367 968	Online support available for young people to access through different communication platforms.
Parent line Associated with the Kids Helpline	13 22 89	Kids Helpline is an Australian free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25. Specific support for parents
Kids Helpline 	1800 55 1800	Kids Helpline is an Australian free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25.

