

# Counselling and mental wellbeing support for young people



**Information and support is available to help families deal with mental wellbeing issues.**

Talking about your feelings with a counsellor can be hard. You may be worried about your privacy or feel like your problem isn't that serious. Perhaps you don't know where to start.

It's important to know that counsellors are there to help with problems, whether they're big or small. You can start by speaking to your psychologist at school or contact a support service.

## **Why should I talk to someone?**

- Most people feel better after talking to someone about their problems.
- Sometimes it's easier to be honest with someone who is not a friend or family member.
- Online services are usually free and you don't have to give your real name.
- Asking for help is a skill and it gets easier with practice.

## **Start the chat**

[Kids Helpline](#) – A 24/7 confidential webchat and phone counselling service for children and young people aged 5 to 25 years. You can also join [My Circle](#) and chat with other young people experiencing similar issues. **1800 551 800.**

[Headspace](#) – A confidential, free and secure space where young people aged 12 to 25 or their family can chat, email or speak on the phone with a qualified professional. **1800 650 890.**

[The Butterfly Foundation](#) – Phone counselling services for people experiencing eating disorders or body image issues, and their carers. **1800 ED HOPE.**

[QLife](#) – Online confidential counselling for LGBTIQ+ young people. **1800 184 527.**

## Start the chat

[ReachOut](#) – Self-help information, peer-support and referral tools to help young people and their wellbeing. Follow on Instagram or Tik Tok to find out what it's like to see a therapist, and get other tips.

[Headspace](#) – Mental health advice about [how to help a friend](#) or find someone to support you.

[The Butterfly Foundation](#) – Resources and information about eating disorders. Check out [#TheWholeMe](#) toolkit about positive body image and authentic sharing on Instagram.

[#Chatsafe](#) – Tools and tips to help young people communicate safely about suicide online.

[Minus18](#) – Resources and advice about advocacy and social inclusion for LGBTQIA+ young people.

## Download an app

[ReachOut](#) – A directory of apps and tools to help manage mental health challenges.

[WorryTime](#) by ReachOut – Professional advice to help with anxiety and stress.

[Headgear](#) by Blackdog – Tools and a guide to Blackdog's 30 day challenge to improve wellbeing.

[Calm Harm](#) – Advice about how to resist and manage the urge to self-harm.

[SuperBetter](#) – Gaming techniques and activities to build personal resilience and strength.

**If you, or someone you care about is at risk of harm right now, call Triple Zero (000).**

