



Look after your wellbeing

Online abuse in any form can be stressful for the individual, family and community. There are support services available and eSafety can provide online safety advice to help everyone stay safe online.

**ONLINE SAFETY
LAWS HAVE
GOT YOUR
BACK**

Support services include:

- **BeyondBlue: 1300 22 4636** (mental health support)
- **Lifeline: 13 11 14** (mental health and suicide prevention)
- **1800RESPECT: 1800 737 732** (support for people affected by sexual abuse or domestic violence)
- **Kids Helpline: 1800 55 1800** (counselling for youth between 5-25 years)
- **National Counselling and Referral Service: 1800 421 468** (support for people with disability)
- **13YARN:** Confidential, culturally safe crisis support line for Aboriginal and Torres Strait Islander peoples. Available all day, every day. **13 92 76.**

If someone is in danger or requires immediate support, please call emergency services (000).

Learn more



**Go to [eSafety.gov.au](https://www.esafety.gov.au) to learn more,
or to report severe online abuse.**