



# Stay safe and report severe online abuse

If you or someone you know is experiencing severe online abuse, you can report it to eSafety.

Severe online abuse can affect anyone and includes issues like sharing intimate images without consent or sending content that is severely harmful to a person's mental or physical health. If this happens to you or someone you know, eSafety can help.

## Looking after your wellbeing

Severe online abuse in any form can be stressful for the individual, family and community. eSafety also provides referrals to support services and can provide online safety advice to help everyone stay safe online.

- **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).

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