

Where Young People can go to for support



If someone is injured or at immediate risk of hurting themselves or someone else call 000 immediately



To find a full list of support services, scan the QR code

suicidepreventioncollaborative.org.au/need-help

Help with a crisis

(24/7 unless noted | phone, chat or online help available)

Kids Help Line kidshelpline.com.au	1800 55 1800
Lifeline lifeline.org.au	13 11 14
Rape Crisis Line nswrapecrisis.com.au	1800 424 017
Suicide Call back Service suicidecallbackservice.org.au	1300 659 467
13 YARN 13yarn.org.au	13 92 76
Open Arms Veterans & Families 24 hours openarms.org.au	1800 011 048
Wollongong Safe Haven 55 Urunga Parade Wed-Sat 2pm-10pm Safe space for people in suicidal distress	0401 561 164
Nowra SPOT (suicide prevention outreach team) 7 days, 8.30am-5pm Nowra region	1800 011 511

Help with your Mental Health

headspace Wollongong	4220 7660
Nowra ehespace.org.au	4446 7300
Mental Health Line	1800 011 511
Reach Out reachout.com	
QLife (LGBTIQ) qlife.org.au	1800 184 527
Beyond Blue beyondblue.org.au	1300 22 46 36

Aboriginal Services

Illawarra Aboriginal Medical Service illawarraams.com.au	4229 9495
South Coast Medical Service Aboriginal Corporation southcoastams.org.au	1800 215 099
Waminda waminda.org.au	4421 7400
Strong Yawa Weekdays after 5pm and weekends after 4pm After hours social and emotional wellbeing support for Aboriginal and Torres Strait Islander people across our region.	1800 953 736

Lost someone to suicide?

StandBy Support after suicide 1300 727 247 24 hours standbysupport.com.au
Thirrili National Indigenous Postvention Service 1800 805 801 24 hours thirrili.com.au

Help with other stuff

Help with food, housing and money

Southern Youth & Family Services

www.syfs.org.au

Alcohol & Drug Information Service

1800 250 015

yourroom.health.nsw.gov.au

Gambling

1800 858 858

www.gamblinghelponline.org.au

eMental health apps

moodgym.com.au
kidshelpline.com.au/niggle

Cyber safety and bullying

antibullying.nsw.gov.au
esafety.gov.au

Your local doctor is also a great place to start - they are trained to help with any type of physical or mental health challenge.

Getting involved in new activities can help you feel better. Check out your local youth centre or PCYC to see what is happening or try:

- Physical activities like sport, yoga, gym, skating, dance, surfing.
- Cultural activities such as learning an instrument, painting, journaling, theatre.
- Volunteer with an organisation doing good things in your local area, such as working with animals, the environment, community projects or whatever interests you.

Multicultural Services

Illawarra Shoalhaven Multicultural Health Service	4221 6770
Translating & Interpreting Service	13 14 50