

Where to go for support



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

Help with a crisis (online chat available)

Kids Help Line 1800 55 1800
kidshelpline.com.au

Lifeline 13 11 14
lifeline.org.au

Rape Crisis Line 1800 424 017
nswrapecrisis.com.au

Suicide Call back Service 1300 659 467
suicidecallbackservice.org.au

Help with your Mental Health

headspace
Wollongong 4220 7660
Nowra 4446 7300
eheadspace.org.au

Mental Health Line 1800 011 511

ReachOut
reachout.com

QLife (LGBTIQ) 1800 184 527
qlife.org.au



Help with food, housing and money

Southern Youth & Family Services

www.syfs.org.au/



Help with drugs and alcohol

Alcohol & Drug Information Service

1800 422 599



eMental health apps

moodgym.com.au
mycompass.org.au



Cyber safety and bullying

antibullying.nsw.gov.au

esafety.gov.au

Aboriginal Services

Illawarra
illawarraams.com.au 4229 9495

Shoalhaven
southcoastams.org.au 1800 215 099
waminda.org.au 4421 7400

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



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

Getting involved in new activities can help you feel better. Here are some examples of activities you can take part in:

- Physical activities like sports, yoga, dance, etc.
- Cultural activities such as music, theatre, choirs, film, painting, writing, etc.
- Join or volunteer with an organisation, be it related to religion, politics, the environment, animals, gaming, or whatever interests you.