## WHEN SHOULD I GET HELP?

## If you ever feel unable to cope because of overwhelming or intense emotions or if you have any thoughts of harming yourself, then ask for help immediately.

**National crisis services:**
In an emergency call **000**

**Lifeline:** 13 11 14 or

Chat online from 7am – 12am at [lifeline.org.au](http://lifeline.org.au/) or

Text 0477 131 114 between 6pm – 12am

**Suicide Call Back Service:** 1300 659 467 or [suicidecallbackservice.org.au](http://suicidecallbackservice.org.au/)

**Beyond Blue:** 1300 224 636 or [beyondblue.org.au](http://beyondblue.org.au/)

**Additional youth support services:**
**Kids Helpline**: 1800 55 1800 or [kidshelpline.com.au](http://kidshelpline.com.au/)
**ReachOut**: [reachout.com.au](http://reachout.com.au/)
**BRAVE Program:**[brave-online.com](http://www.brave-online.com/) **SANE Australia:**1800 187 263 or sane.[org](http://www.sane.org)

Talk with a trusted adult, such as a parent, teacher, school counsellor or find out if there is a Headspace centre near you, our closest Headspace is in Frankston, details are below:

**Early Life Mental Health Services:**

Phone (03) 9554 1000

monashchildrenshospital.org.au/mental-health

Speak to your local doctor or [General Practitioner (GP)](https://headspace.org.au/young-people/what-is-a-gp-and-what-to-expect/) and help make a plan for your recovery. Or you can search for a health service and GP on [healthdirect](https://www.healthdirect.gov.au/%22%20%5Ct%20%22_blank)