

Cyberbullying and Cyber Safety

Australian Support Services

Life Line: (www.lifeline.org.au) 13 11 14 (cost of a local call). Provides 24 hour counselling services over the phone.

Kids Helpline: (www.kidshelpline.com.au) 1800 55 1800 (free call from a land line). Provides 24 hour counselling services for young people aged 5-25 years. Counselling is available by phone, email and over the web.

headspace: (www.headspace.org.au) Offers a comprehensive website and one-stop-shop services that are youth-specific.

Cybersmart: (www.cybersmart.gov.au) Helps parents, teens and kids safely navigate the internet.

Orygen Youth Health: (www.oyh.org.au) Ensures that young people can access high-quality mental health, and drug and alcohol services.

MoodGYM: (www.moodgym.anu.edu.au) Information about Cognitive Behaviour Therapy. Free resource that requires registration.

The Inspire Foundation: (www.inspire.org.au) Online programs that prevent youth suicide and improve young people's mental health and wellbeing.

Reach Out!: (<http://au.reachout.com>) Web-based service which aims to inspire young people to help themselves through tough times.

beyondblue: (www.beyondblue.org.au) 1300 22 4636 (cost of a local call). Provides access to information and referral advice for relevant services.

Itsallright: (<http://www.itsallright.org>) is the youth section of the SANE organisation, helping young people who have or have friends or relative with mental illness: (www.sane.org) 1800 18SANE (1 800 18 7263; cost of a local call). Helpline phone open from 9-5 weekdays (EST) that provides information and support for anyone concerned about mental illness. Enquiries may also be made online and are usually answered within 3 working days.

NSW Mental Health Information Service: (www.mentalhealth.asn.au) 1 300 794 991 (cost of a local call). Hotline open from 9-5 weekdays (EST) that provides information (including evidence based practices) and support to people affected by mental illness. The information service may also be accessed via email contact.

Your local doctor (GP)

Counsellors, psychologists and psychiatrists – For information on practitioners in your local area, call the beyondblueInfo line, on 1300 22 4636.