



SUPPORT FOR STUDENTS

- Lifeline on 13 11 14 or <https://www.lifeline.org.au/>. This is a 24 hour a day service.
- KidsHelpline (assists young people aged 5-25 and also those who care for young people). Their web page for teens is <https://kidshelpline.com.au/teens> and the phone number is 1800 55 1800. This phone number is a 24 hour a day helpline.
- Eheadspace is a phone and online chat service for young people from the ages of 12-25 and can be accessed at <https://headspace.org.au/eheadspace/> or on 1800 650 890. This service operates from 9am to 1am.
- #Chatsafe - a young person's guide to talking safely about the topic of suicide on social media
<https://www.orygen.org.au/Training/Training-areas/Self-harm-and-suicide-prevention/Guidelines/chatsafe-A-young-person-s-guide-for-communicatin>

They also have excellent fact sheets.

[Grief \(young people\)- headspace Fact Sheet](#)

[If your friend is not okay \(young people\) - headspace Fact Sheet](#)