























Youth Support Services

Local Youth Services			
logo:	Name:	Online support:	Phone
	Ted Noffs	https://noffs.org.au/	9305 6600
	WEAVE	https://www.weave.org.au/	9318 0539
	South Eastern Community Connect (Eastgardens)	https://www.secc.sydney/our-services/adolescent-programs/whatwedo/	7903 0607
	Glebe Youth Service	https://glebeyouth.org.au/	Phone & Video call support - they are currently maintaining contact with regular clients though this avenue 955 22 873
	Shopfront Youth Legal Centre	https://www.theshopfront.org/	9322 4808
	MYRC	http://www.myrc.org.au	9564 3222
	WAYS	http://ways.org.au/	9388 9455
	The Shack - The Benevolent Society		

	Family Referral Service		1800 066 757
Online/ Phone support			
	Kids Help Line	Webchat 24/7 https://kidshelpline.com.au/get-help/webchat-counselling	1800 55 1800 24/7
	Lifeline	Crisis Support Chat 7:00PM – Midnight https://www.lifeline.org.au/get-help/online-services/crisis-chat	CALL: 13 11 14 24/7 TEXT: 0477 131114 6:00PM - Midnight
	HEADSPACE	Group Chat 24/7 1 on 1 Chat 9AM - 1AM https://headspace.org.au/ehespace/	
	Suicide Call Back Service	ONline Chat 24/7 Video Chat 24/7 https://www.suicidecallbackservice.com.au	1300 659 467 24/7
	Youth Beyond Blue	Chat Online 3:00PM - Midnight https://www.youthbeyondblue.com/	1300 22 4636 24/7

	1800RESPECT	Online chat 24/7 https://chat.1800respect.org.au/#/welcome	1800 737 732 24/7 Interpreter: 13 14 50
	Mental Health Line	https://www.health.nsw.gov.au/mentalhealth/Pages/Mental-Health-Line.aspx	1800 011 511 24/7
	Bite Back	https://www.biteback.org.au/	
	The BRAVE Program	https://www.brave-online.com/	
	SANE Australia	Webchat 10:00 AM – 10:00 PM https://www.sane.org/about-sane	1800 187 263 10:00AM – 10:00PM
	QLife	Webchat 3PM – Midnight https://www qlife.org.au/resources/chat	1800 184 527 3PM - Midnight
myCompass	MyCompass	https://www.mycompass.org.au/YoungAdults	
Support via smartphone apps:			
	Calm Harm		
	Clear Fear		

			
	ReachOut Worry Time		
	ReachOut Breathe		
	Smiling Mind		
	WellMind		