

Support for wellbeing

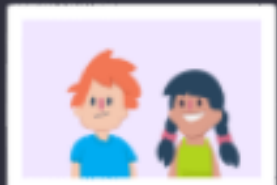
Kids help line

offer support for kids, teens, parents and teachers via telephone **1800 55 1800** or web chat

click the icon for information



 **1800 55 1800**
Anytime. Any Reason.



Kids
aged 5 to 12

Enter!



Teens
aged 13 to 17

Enter!



Young Adults
aged 18 to 25

Enter!



Parents
and Carers

Enter!



Schools
and Teachers

Enter!

Some useful apps to help with breathing and mindfulness



Smiling mind

click the icon
for information



Reachout Breathe

click on each icon for information



Reachout Worry time