



Need someone to talk to after hours?

Emergency Services
000

Kids Helpline
1800 551 800
kidshelpline.com.au/

Headspace
02 9937 6500
www.headspace.org.au/eheadspace

Reach Out
au.reachout.com

**Northern Beaches Child and Youth
Mental Health Service**
02 9388 5150
[www.nslhd.health.nsw.gov.au/Services/Director
y/Pages/Child-and-Youth-Mental-Health-
Service-Northern-Beaches.aspx](http://www.nslhd.health.nsw.gov.au/Services/Director%2FPages/Child-and-Youth-Mental-Health-Service-Northern-Beaches.aspx)

Relationships Australia
1300 364 277
www.relationships.org.au/

Beyond Blue
1300 22 4636
www.youthbeyondblue.com/

Mental Health Access Line
1800 011 511

Lifeline
13 11 14
www.lifeline.org.au/

Avalon Youth Hub
0487 936 875
www.avalonyouthhub.org.au/

CatholicCare
13 18 19
[www.catholiccare.org/children-and-youth-
services/](http://www.catholiccare.org/children-and-youth-services/)

**Northern Beaches Youth and Family
Counselling Service**
02 9976 1486
[www.northernbeaches.nsw.gov.au/services
/youth/counselling](http://www.northernbeaches.nsw.gov.au/services/youth/counselling)

**Sydney Drug Education and Counselling
Centre**
02 9977 0711
www.sdecc.org.au/

