

GOANNA ACADEMY RESOURCES

Part 5: Outside Support Network

Outside Support Network

If you or someone you know needs additional backing, reach out to these national support lines. Help is always available.

TRIPLE ZERO (000)

Call: 000

If you are in an emergency situation or need immediate assistance, contact emergency services instantly.

13YARN

Call: 13 92 76 (13 YARN)

Crisis support line for Aboriginal & Torres Strait Islander people, completely run by Aboriginal and Torres Strait Islander people.

LIFELINE

Call: 13 11 14 | www.lifeline.org.au

If you need to speak to someone urgently regarding crisis support or suicide prevention.

SUICIDE CALL BACK SERVICE

Call: 1300 659 467

National 24/7 telehealth support for anyone affected by suicide.

HEADSPACE

Call: 1800 650 890 | headspace.org.au

Support for young people aged 12-25, or anyone concerned about a person in that age range.

BEYOND BLUE

Call: 1300 22 4636

Provides brief counseling support, advice, and immediate referral options.

KIDS HELPLINE

Call: 1800 55 1800

24-hour free and confidential telephone counseling service for young people aged 5-25.