

Helpful helplines and websites

Personal websites (anxiety, depression, body image)

- [headspace](#)

Provides support to young people aged 12-25 who are going through a tough time, including anxiety, depression bullying and body image.

- [ehespace](#)

Internet chat, email or phone support for young people (12-25 years) with a range of issues. Call the helpline on 1800 650 890.



- [Reachout.com](#)

An online youth mental health service that helps young people with information, support and stories on everything from finding motivation to getting through tough times.

