

SARINA STATE HIGH SCHOOL

Helpful helplines and websites

Personal helplines (anxiety and depression)

- [beyondblue support service – 1300 224 636](#)

Call or chat online with a trained mental health professional. We'll be there to listen, offer support and point you in the right direction.



1300 224 636

24 hours a day
seven days a week

online chat 4pm–10pm (AEST) seven days a week

- [Lifeline – 13 11 14](#)

For urgent assistance call Lifeline which is a 24-hour telephone counselling service.

- [Kids Helpline – 1800 55 1800](#)

A free private and confidential telephone and online counselling service specifically for young people between 5 and 25. FREE – even from mobiles.



Free, confidential counselling and support.
24 hours a day, seven days a week,
for ages 5–25. FREECALL 1800 55 1800.

- [Parentline – 1300 30 1300](#)

A confidential telephone service providing professional counselling and support for parents and carers of children in Queensland and the Northern Territory.

- [Suicide Call Back Service – 1300 659 467](#)

Provides free phone, video and online counselling for anyone affected by suicide. Get immediate help now by selecting one of our counselling services.

1300 659 467

Twenty-four hours a day
seven days a week

SUICIDE
CALL BACK
SERVICE
free counselling