

# Confidential Helplines, Webchats, & other useful stuff

## Child and Youth Mental Health Service : CYMHS

Cairns  
4226 5280

Atherton  
4091 0213

Mareeba  
40929171

Innisfail  
4016 1327

### 1300 MH CALL

### 1300 64 2255

*24 hour specialist mental health care and access to acute phone support*



Support and advice in a personal crisis (all ages)

**13 11 14**

[www.lifeline.org.au](http://www.lifeline.org.au)



To talk to someone about anything that's going on in your life (5 to 25 years)  
(24hrs/7 days)

**1800 55 1800**

[www.kidshelpline.com.au](http://www.kidshelpline.com.au)



Providing information and support for anxiety, depression and suicide prevention for everyone in Australia

**1300 22 4636**

[www.beyondblue.org.au](http://www.beyondblue.org.au)

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SUICIDE  
CALL BACK  
SERVICE

Support if you, or someone  
you know, is suicidal (15  
years and over)

1300 65 94 67



Eheadspace is a free  
confidential phone,  
webchat & messenger  
service for 12-25 year old's  
to access mental health  
support from 8.00am-  
12.00am, 7 days a week.

1800 650 890

<https://headspace.org.au/online-and-phone-support/>



Focussing on supporting  
anyone who has been  
bereaved or impacted by  
suicide at any stage in their  
life

1300 727 247

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**1800RESPECT**  
NATIONAL SEXUAL ASSAULT, DOMESTIC  
FAMILY VIOLENCE COUNSELLING SERVICE

National Sexual Assault,  
Domestic  
Family Violence,  
Counselling service

**1800 737 732**



Monday to Friday  
8am - 8pm  
Saturday, 10am - 4pm

**1800 050 321**

[www.familyrelationships.gov.au](http://www.familyrelationships.gov.au)



Australia-wide anonymous,  
LGBTIQA+ peer  
support and referral  
3PM to Midnight  
365 Days a Year

**1800 184 527**

[www.qlife.org.au](http://www qlife.org.au)

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We're here for anyone in Australia concerned by eating disorders or body image issues

**1800 33 4673**

[www.butterfly.org.au](http://www.butterfly.org.au)



Support for young people  
*and their grownups*

[www.parents.au.reachout.com](http://www.parents.au.reachout.com)



Carer support services assist individuals who may be affected by their role caring for someone with a mental health issue or disability.

**1300 111 500**

[www.wellways.org](http://www.wellways.org)

