

Young People with Mental Illness

Support agency	Website address	Phone	Information
Kids Helpline (Australia)	www.kidshelpline.com.au	1800 55 1800	Kids Helpline is a 24-hour telephone and online counselling service for 5 to 25 year olds in Australia.
Lifeline Australia	www.lifeline.org.au	13 11 14	Lifeline provides 24-hour confidential telephone counselling to anyone within Australia. You can talk to them about any problem, big or small.
Youthline (New Zealand)		0800 376 633	
Headspace Australia's National Youth Mental Health Foundation	http://www.headspace.org.au/	(61) 03 9027 0100	This site provides a range of information including fact sheets and stories.
Headspace NZ	http://www.headspace.org.nz/index.htm		This site offers a wealth of information under three sections: young people, family/whānau and schools. It also includes a Māori and Pacific Mental Health section.
Orygen Youth Health (Australia)	http://oyh.org.au/	(61) 03 9342 2800	OYH is an Australian youth-focused mental health organisation which includes a youth mental health clinical service, an internationally renowned youth mental health research centre and a youth mental health training and communications program.