Youth Support Services

There are a number of organisations that help young people in many different ways.

Lifeline **13 11 14** lifeline.org.au	• Telephone crisis support service • Open 24 hours a day, 7 days a week • You can call from a landline, payphone or mobile • It's free and confidential (no one will know you have called)
Kids Helpline **1800 551 800** kidshelp.com.au	• Telephone and online counseling service • For young people age 5 to 25 • Open 24 hours a day, 7 days a week • It's free and confidential
Headspace **1800 650 890** headspace.org.au headspace.org.au/eheadspace/	• Provides mental health services • For young people aged 12 to 25 • Most services are free or low cost • The two closest offices to the City of South Perth are Osborne Park and Fremantle • eheadspace provides free online and telephone support to young people, their families and friends
Youth Focus **6266 4333** youthfocus.com.au/	• Provides mental health and wellbeing services • For young people aged 12 to 25 • Most services are free or low cost
Beyondblue **1300 22 4646** youthbeyondblue.com	• Telephone helpline open 24 hours, 7 days a week • Online chat from 3pm to 12am, 7 days a week • Email and get a response within 24 hours (contact form on website) • Helps people with anxiety and/or depression
ReachOut.com au.reachout.com	• Online youth mental health service • Helps young people under 25 with everyday questions through to tough times
Kensington PCYC wapcyc.com.au/location/kensington	• Runs a variety of youth programs • Located at 51 Anketell Street, Kensington • Open 9am to 5pm, Monday to Friday