

Mental health support

Web article – Easy Read

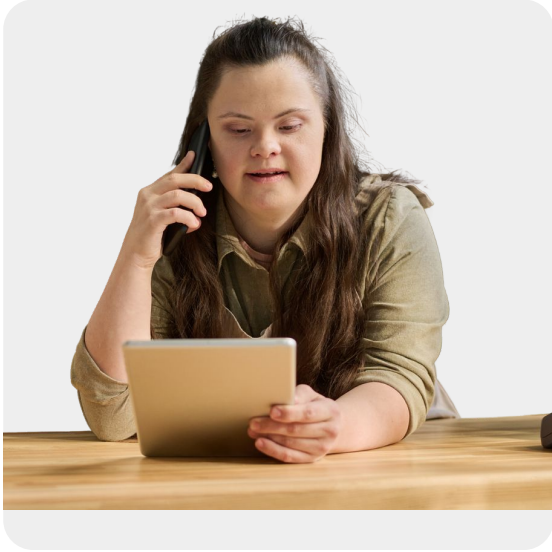


Good Things





Do you need to get help with your feelings
and mental health?



You can contact someone to talk about
your feelings on the phone or computer.



We will share contact information for:

- Lifeline
- Kids Helpline
- Beyond Blue
- And more



- Call **Lifeline** on 13 11 14
- Or [chat online here](#)



- Call **Kids Helpline** on 1800 551 800
- Or [chat online here](#)



- Call **Beyond Blue** on 1300 224 636
- Or [chat online here](#)



- Call the **Aboriginal and Torres Strait Islander Crisis Support Line**
on 13 92 76



- Call **headspace** on 1800 650 890



- Go to the [ReachOut](#) website



Be careful about what you see on social media in tough times.



Do not share bad things you see with other people.



Report bad things on the platform where you see it.



You can report it to [eSafety](#) if what you see is very bad.



The [eSafety website](#) has helpful guides about bad online content.



Not everything you see online is true.



Always use official news channels and social media accounts.



Ask a friend or family member if you are not sure if something is true or fake.



Take a break from the internet if you are
upset.



Talk to friends and family for support or
spend time doing something you enjoy.

Thank you



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