



## Community support services – contact details

<b>Number:</b>	2018/07	<b>Date:</b>	29 August 2018
<b>Relevant:</b>	Jervis Bay Territory Residents		
<b>Topic:</b>	Community support services – contact details		

Life can be difficult and can sometimes seem overwhelming. No one needs to face their problems alone. If you are feeling depressed, unable to cope or are experiencing a personal crisis then talking about it with someone may help.

Below is a list of contacts where you, or anyone you know, can seek help and support:

### Where to get help

eheadspace	online and telephone counselling for 12-25yr olds: <a href="http://www.eheadspace.org.au">www.eheadspace.org.au</a> or 1800 650 890
Kids Helpline	1800 55 1800
Mental Health Line	1800 011 511
Lifeline	13 11 14
Suicide Call Back Service	1300 659 467
South Coast Aboriginal Medical Services	02 4448 0200

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