

# Mental Health Resources - Teenagers



**Kids Helpline 1800 551 800**  
[www.kidshelp.com.au](http://www.kidshelp.com.au)  
Phone counselling service for young people



**Beyond Blue 1300 224 636**  
[beyondblue.org.au](http://beyondblue.org.au)  
Mental health and wellbeing



**Reach Out**  
[www.reachout.com.au](http://www.reachout.com.au)  
Online youth mental health service



**Butterfly Foundation**  
[butterfly.org.au](http://butterfly.org.au)  
Body image issues

## Bite Back

**Bite Back**  
[www.biteback.org.au](http://www.biteback.org.au)  
Online space for young people which promotes resilience



**HeadSpace**  
[www.headspace.org.au](http://www.headspace.org.au)  
Support for mental health and wellbeing



**YMCA**  
[www.ymcansw.org.au](http://www.ymcansw.org.au)  
Youth, community, and mental health programs



**Twenty 10**  
<https://twenty10.org.au/youth-services/>  
LGBTIQA+



**NSW Mental Health Services**  
<https://www.health.nsw.gov.au/kidsfamilies/youth/Pages/yh-resources-for-young-people.aspx>