

SUPPORT SERVICES FOR KIDS

"What is a niggle? It's that feeling that won't go away. It grows and grows and has a life of its own."

There are times kids need to talk to someone; sharing their problems, asking for advice. These support services are designed to help support the mental, social and emotional wellbeing of those kids struggling. Keep this list so your children know they have someone to turn to in trying times.



Kids Help Line

1800 55 1800

24/7 phone and online counselling for youth (5-25yrs).



Kid Helpline Circles

A free peer support group for improving overall wellbeing and mental health for young people (13-25yrs) facilitated by Kids Helpline Counsellors.



ehedspace

Internet chat, email or phone support for young people (12-25yrs) with a range of issues.



Niggle

A free app for youth (5-25yrs) designed as a self-help toolkit for all things related to mental, social and emotional wellbeing.



ReachOut

Practical tools, support and moderated forums to help youth get through everything from everyday issues to tough times.



The Check-In

An app to help young people (4+yrs) take the fear out of having a conversation with a friend who might be struggling.



The BRAVE Program

An interactive and online program aimed at the prevention, intervention, and treatment of anxiety in young people (3-17yrs).



BITE BACK

Free online activities, psycho-education and positive psychology aiming to promote wellbeing and resilience in young people.