



## Asking for help

You are unique. You are important. We want you to know that there is ALWAYS someone there for you if you need help.

If you are feeling sad, worried, or you need to talk to someone, there are lots of people who can help you and listen to you. You might be able to think of others, but here is a starting list:

### 1. Your parents or caregivers (or another close family member)

Your family is a great place to start if you need help. They can listen to you, support you, and help you. They also know the people in your life who can provide more help – like your doctor and your teachers.

### 2. Your teachers

Teachers care about their students. Your teacher can listen and help you. They may have great advice - they may have helped other children with the same thing you are going through! Sometimes we might think we are the only one having a problem but we are usually not.

### 3. Your school's welfare team

Some schools have a welfare or student support team. They might have different names in different schools, but they all are there for the same reason – to help and support kids who need it. If you don't know anyone from your school's welfare team, you can ask your teacher or parent to help you find out how to meet with the team.

### 4. Kids Helpline

The Kids Helpline has people who can listen to you and support you on the phone, on email and on webchat. You can talk to them about anything that is making you sad or worried.

Their phone number is: 1800 55 1800

You can also visit their website: <https://kidshelpline.com.au/kids>

**Remember, you are never alone. You matter.  
There are people who care about you and can help you.**