



Asking for help

Feeling sad, angry or worried at times is a normal part of life. Sometimes we might feel sad for a moment, a day, or a couple of weeks. It might even seem like life will never get better. During these times it's important to remember that you are not alone, and that there are people you can talk to who can help you.

Sometimes all we need is someone to listen and hear us. Here is a starting list of people whom you may approach:

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 teens 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 are all there for the same reason – to help and support students who are having a hard time. 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 someone from the team.

4. Organisations

There are organisations you can call who can listen to you and support you on the phone, on email and on webchat. Some include:

- **Kids Helpline:** Kids Helpline is there to talk to you about many things, like mental health, physical health, friends, family and relationships. You can go on their website for information, call, email or chat online. Calling, emailing and chatting online with Kids Helpline are free.
Phone: 1800 55 1800 **Website:** <https://kidshelpline.com.au/kids>
- **headspace:** headspace has a lot of information on gender identity, sexuality, bullying, relationships, mental health and more. They have centres you can visit. It's free to visit, and many services are free or low cost. They also have online support, so you can chat to someone online, for free.
Website: <https://headspace.org.au/>
- **Beyond Blue – Youth:** Beyond Blue has a lot of information about stress, anxiety, and feeling sad. They have learning programs, apps and forums online. You can visit their website, call, email or chat online. Calling, emailing, chatting online and using the online forums at Beyond Blue are free.
Phone: 1300 22 4636 **Website:** <https://www.youthbeyondblue.com/home>

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