

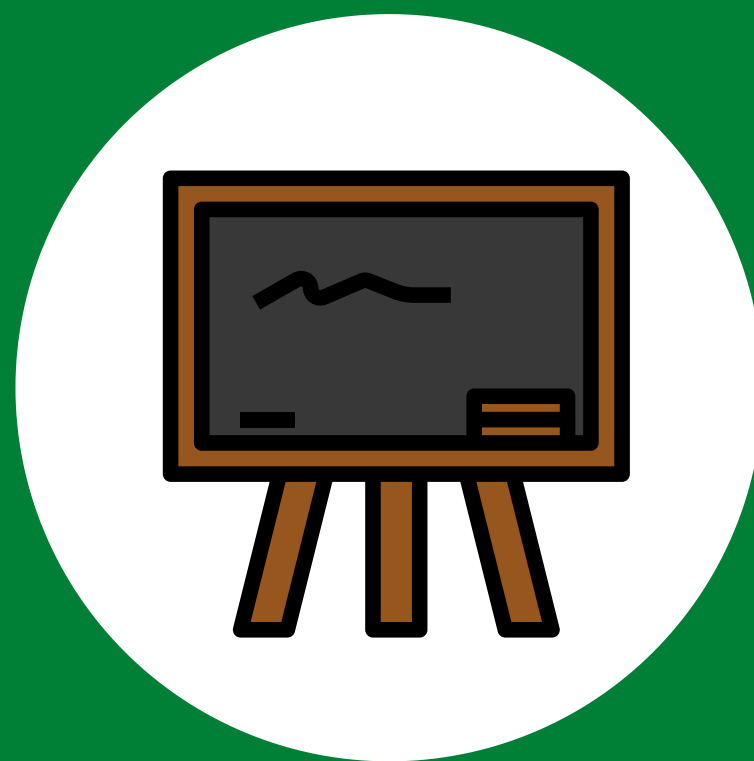
# SEEKING FAMILY & WELLBEING SUPPORT

Asking for help or raising a concern doesn't have to be scary. It's surprising how many people you know who can help.



## PEOPLE CLOSE TO YOU

- Talk to your partner
- Call a friend or family member



## SCHOOL

- Call or email to make an appointment with your child's class teacher or with the Guidance Officer



## PROFESSIONALS

- Talk to your family GP
- Call 13HEALTH (13 432 584)
- Call Family & Child Connect 13 32 64
- Find a psychologist
- Call Child & Youth Mental Health 1300 642 255
- Call a helpline: Parentline 1300 301 300 / DV Connect 1800 811 811 / Lifeline 13 11 14 / 1800RESPECT
- KidsHelpline 1800 551 800
- Headspace 1800 650 890
- Relationships Australia 1300 364 277



## ONLINE

Seek help from a credible online source such as:

- Ask Izzy
- Oneplace
- Beyond Blue
- RaisingChildren.net



## COMMUNITY

- Chat to your religious or cultural leaders
- Chat to your neighbour over the fence

## STARTING THE CONVERSATION

- "I'm worried about ..."
- "Have you noticed that ..."
- "What do you do when ..."
- "Can we have a chat about ...?"
- "I'm concerned about ..."