



Your Wellbeing

Safe, well and
engaged in learning



SOME HELPFUL CONTACTS

- + **Kids Helpline** 1800 551 800
- + **Kids Helpline Webchat**
Open 24/7 – 365 days
[www.kidshelpline.com.au/
get-help/webchat-counselling](http://www.kidshelpline.com.au/get-help/webchat-counselling)
- + **Lifeline** 131 114, www.lifeline.org.au
- + **Aboriginal Health Services**
Hobart 6234 0777
Launceston 6332 3800
Burnie 6431 3289
- + **eSafety Commissioner** www.esafety.gov.au
- + **Headspace Online and Phone Support**
www.headspace.org.au
- + **ReachOut** au.reachout.com
- + **Working It Out** www.workingitout.org.au
- + **Your local Doctor**
- + **Phoenix Centre**
Southern Tasmania 6234 9138
Northern Tasmania 6724 2820

