

Signs of problems ...

- Extreme moods
- Constant fighting with others
- Withdrawal from family and friends
- Using drugs or alcohol
- Changed eating habits
- Sleeping problems
- Feeling afraid, anxious or depressed
- Not enjoying things as much as you used to.



If you know someone who is struggling with problems ...

Many people experience times in their lives when things seem hopeless and the future looks tough or empty. In those situations, it can be very helpful to speak with someone. Friends, family, trusted adults, and medical professionals are good places to start. Some other helpful resources include:



WEBSITES

www.youthbeyondblue.com
www.lifeline.org.au
www.sane.org
www.reachout.com
www.headspace.org.au
www.somazone.com.au
www.inspire.org.au

HELPLINES

Youthbeyondblue: 1300 22 4636
Kids Helpline: 1800 55 1800
Lifeline: 13 11 14
Sane Australia: 1800 18 7263

ONLINE COUNSELLING

www.kidshelp.com.au



SENSEABILITY



beyondblue
1300 22 4636
www.beyondblue.org.au