

Help Services Factsheet



There are lots of places you can contact if you need support with online safety.



The eSafety Commissioner helps keep people safe online.

www.esafety.gov.au



You can call the Kids Helpline 24 hours a day on **1800 55 1800**.



If you are Aboriginal or Torres Strait Islander, you can call **13 92 76** for support.



QLife has free, anonymous web chat or phone calls for LGBTQI+

[www.qlife.org.au/get-help](http://www qlife.org.au/get-help)



Reach Out provides free mental health support for young people.

www.reachout.com



Beyond Blue provides support for anxiety, depression and suicide prevention.

www.beyondblue.org.au



You can call Lifeline 24 hours a day for support on **13 11 14**.



You can call **1800 737 732** if you need support about relationships or abuse.



Scamwatch can help you recognise, avoid and report scams.

www.scamwatch.gov.au

www.interactionservices.org/online-safety-training