



[Youth support information](#)

If life is in danger call 000

[Lifeline](#)

Provides access to a variety of self-help tools with information about issues such as mental illness, suicide prevention, crisis care, etc.

[The Lifeline National Service Finder](#)

A comprehensive online national database of low-cost or free health and community services offered throughout Australia.

[Kids Help Line](#)

You can email a counsellor or chat to one online between 3pm and 9pm Queensland time, Monday to Friday and 10am and 4pm Queensland time, Saturday.

[ReachOut.com](#)

Is a web-based service which aims to inspire young people to help themselves through tough times. The ReachOut.com site has fact sheets and personal stories about a wide range of health and lifestyle issues, as well as profiles of famous people, an e-newsletter and a database where you can look for help in your area. ReachOut.com is an initiative of the Inspire Foundation. www.reachout.com

[Bursting the bubble](#)

Providing factsheets and contact points for those who are victims of domestic and family violence.

[Drug Arm](#)

A drug and alcohol based service where you are able to download printable factsheets relating to drug and alcohol related issues.

[Drug Aware](#)

Able to provide information about drugs, where to get help and many other topics.

[Training WA](#)

Organisation able to provide information about traineeships and apprenticeships within WA.

[Youth beyond blue info line](#)

Access to information and referral to relevant services for depression and anxiety-related matters.

[headspace](#)

Go to the website to find information, support and help near you. The National Youth Mental Health Foundation - offers a comprehensive website and one-stop-shop services that are youth-specific, and therefore youth-friendly. headspace employs a range of different health workers and programs with a focus on the needs of young people. These include; GPs, psychologists, alcohol and drug workers, as well as education and employment programs.

[Orygen Youth Health](#)

Aims to ensure that young people are able to access high-quality mental health, and drug and alcohol services provided in friendly, accessible environments.

[Reach Out Central](#)

Designed specifically for young people, Reach Out Central (ROC) is an interactive program that's designed to help you explore how you're thinking, behaviour and feelings all interact with each other, and to help you improve and learn new life skills.

[Lawstuff - Law and young people](#)

Dedicated to providing youth and young people with legal information. State by State service allocation and exploration.

[Hedland Youth Leadership Coalition](#)

A group of young people from Hedland who have a primary interest in events for Hedland Youth.

[Town of Port Hedland](#)

Find out about local news and events.

[The Hive - Youth WA](#)

Provides an online gateway to access Western Australian Youth Services.

[Youth.gov.au](#)

A hub for all things related to the Australian Government and Youth.