

# Where can I get more help?

Office of the [Children's eSafety Commissioner](#)



[Kids Helpline](#) is a free 24 hour counselling service for Australian kids and young people aged 5-25 years. ph. 1800 551 880 or visit the website

The Australian Government's [Cybersafety Help Button](#) provides internet users, particularly children and young people, with easy online access to cyber safety information and assistance available in Australia. It offers counselling, reporting and educational resources to assist young people deal with online risks including cyberbullying, unwanted contact, scams and fraud, and offensive or inappropriate material. The help button is a free application that is easily downloaded onto personal computers, mobile devices, and school and library networks.



**headspace** is the National Youth Mental Health Foundation providing early intervention mental health services to 12-25 year olds. The service is designed to make it easy as possible for a young person and their family to get the help they need for problems affecting their wellbeing. This covers four core areas: mental health, physical health, work and study support and alcohol and other drug services.

Visit the website at [headspace.org.au](http://headspace.org.au) or ph.1800 650 890