

Resources for young people



Youth health resources and contacts

(Please note that this is not an exhaustive list)

For urgent help

24/7 Phone helplines

In case of fire, medical or police emergency, dial **000**

[Kids Helpline](#) (up to age of 25 years) **1800 55 1800**

[Lifeline](#) **131 114**

Health services

Aboriginal Medical Services (AMS)

Provide a range of health services (including free medical services, social and emotional wellbeing support, sexual health, dental health) for the local Aboriginal & Torres Strait Islander communities. They can also help you get a Medicare card and give you general advice.

To find your local AMS in NSW go to Aboriginal Health and Medical Research Council

www.ahmrc.org.au (search under **Members**) or phone **02 9212 4777**

General practitioners, hospitals or pharmacy

Search for your local service at National Health Services Directory on www.nhsd.com.au or Health Direct Australia www.healthdirect.gov.au. Health Direct Australia offers free [after hours support](#) on **1800 022 222**

Youth Health Services

Headspace: www.headspace.org.au

NSW Health funded Youth Health Services: www.health.nsw.gov.au (search for 'Health Services for young people')

Health information and services by topics

Alcohol and other drugs information and services

your room yourroom.health.nsw.gov.au

Alcohol Drug Information Service, **02 9361 8000** (Sydney) or **1800 422 599** (Rural, regional NSW)

Quit Smoking: www.icanquit.com.au

Confidentiality

We keep it zipped Youth Friendly Confidentially resources: www.health.nsw.gov.au (search for 'Youth Friendly Confidentiality resources')

Disability

Family and Community Services Ageing, Disability and Home Care- Post School Programs

www.adhc.nsw.gov.au/sp/delivering_disability_services/post_school_programs

Family and Community Services Ageing, Disability and Home Care- Resources to support young people with a disability

www.adhc.nsw.gov.au/sp/delivering_disability_services/support_for_families_and_children/resource-guide

National Disability Insurance Scheme www.ndis.gov.au

Medicare card resources

Youth Friendly Medicare card resources: www.health.nsw.gov.au (search for 'Medicare card resources')

Mental health

NSW Mental Health Line (24/7) 1800 011 511

Beyond Blue www.youthbeyondblue.com

Reachout www.reachout.com

Headspace www.headspace.org.au

Out of Home care

Information and resources for 15-25 year olds young people who are currently in or have been in out-of-home care - <https://you.childstory.nsw.gov.au/>

Parenting

Parenting- Information and counselling service for parents with young children www.parentline.org.au
1300 1300 52

Pregnancy & early parenthood - for young parents www.youthbeyondblue.com (search for **pregnancy**)

Raising Children Network raisingchildren.net.au (search for **Teenage pregnancy** and **parenting as a teenager**)

Supporting students in schools

Education -public school www.schools.nsw.edu.au ('our school at a glance' - an A to Z of information about public schools)

Sexual and reproductive health

Family Planning NSW <https://www.fpnsw.org.au/talkline> **Talkline 1300 658 886**

Sexual Health www.playsafe.health.nsw.gov.au

Sexual assault and domestic/family violence

Domestic Violence and Sexual Assault Helpline www.1800respect.org.au **1800 737 732**

NSW Rape Crisis Centre www.nswrapecrisis.com.au online counselling or phone counselling **1800 424 017**

NSW Health Sexual Assault Services: www.health.nsw.gov.au (search for 'Sexual Assault Services')

Transition care for young people with chronic illness

Agency for Clinical Innovation (ACI) Transition Care Network

www.aci.health.nsw.gov.au/networks/transition-care

Trapeze- www.trapeze.org.au **02 8303 3600**

General health information and healthy lifestyle support

Health coaching www.gethealthynsw.com.au

Health issues and services www.healthdirect.gov.au or **1800 022 222**

Our health our way resources www.health.nsw.gov.au (search for 'Our health our way')

Tips for healthy living www.makehealthynormal.nsw.gov.au

Your Health Link www.yourhealthlink.health.nsw.gov.au (Check out 'Youth plus 12-25')

Other support

Homelessness/Housing

Link2home: www.housing.nsw.gov.au/help-with-housing/specialist-homelessness-services/find-a-service/link2home or **1800 152 152** (24/7); The service is for people who are homeless or who are worried they will become homeless, as well as for advocates acting on a person's behalf.

LGBTI youth

Qlife – GLBTI national counselling service [www.qlife.org.au](http://www qlife.org.au) **1800 184 527** (3pm-12am everyday)

Young carer

Carers Australia www.youngcarers.net.au

Carers NSW www.carersnsw.org.au (search for 'young carer')

ON FIRE (hosted on One Door Mental Health website) www.onedoor.org.au/services/youth-support/on-fire