

DO YOU NEED HELP?



If you feel scared, unsafe
or worried about a friend,
tell a trusted adult.



1

Talk to a Trusted Adult

Reach out to a trusted adult.
They're there to support you.
You don't have to figure this out
on your own



2

Tell us

A trusted person at the service you can talk to:



3

Call Kids Help Line

Kids Help line can chat to you and help you
feel better.

☎ 1800 55 1800

💻 For a webchat go to:

<https://kids helpline.com.au/kids>

