

Scouts Victoria

Getting Support

Need support as a young person?

Please call 000 if someone is seriously injured, in need of urgent medical help or is in urgent danger.

For immediate support:

- Kids Helpline <https://kidshelpline.com.au/>

Anytime, Any reason

Kids Helpline is a free, private, and confidential 24/7 phone and online counselling service for young people aged 5 to 25. Counselling is currently offered by phone **1800 55 1800**, [Webchat](#), and [email](#).

Mobile phone calls from within Australia to Kids Helpline are free. This includes calls from all mobile networks. You can also call from any public phone or landline for free too.

For medium-term support:

- HeadSpace <https://headspace.org.au/>

headspace is the National Youth Mental Health Foundation. We provide early intervention mental health services to 12-25-year-olds. Each year, we help thousands of young people, and their family and friends, access vital support through our headspace services in over 154 communities across Australia, our online and phone counselling services, our vocational services, and our presence in schools. Importantly, headspace centre services are all free or low cost and what you say is kept confidential.

- Mental Health Practitioner

Every secondary school in Victoria has funding for a mental health practitioner, who can support you in a variety of ways. Contact a teacher you trust at your school to link you in. Primary schools will also have a well-being teacher who can support you.

For long-term support:

- A referral for a psychologist or counsellor.

Head to a General Practitioner (GP) and book a longer consultation. When you see the doctor, be as honest as possible. Ask for a referral to a mental health professional and a mental health treatment plan. If you have other professionals in your health team (such as a physiotherapist, audiologist or any other medical professional), discuss with your doctor if they should be included in this plan.

This appointment might be hard for you emotionally and you should consider taking a support person to help you.

This plan will allow you to use Medicare to cover some of the costs. It will allow 6 sessions with a mental health professional, before you need to head back to your GP.

More information can be found here: <https://au.reachout.com/articles/getting-and-using-a-mental-health-care-plan>