

## Examples: Finding Support

### [Kids Helpline](#)

Free, private and confidential telephone and online counselling service for young people aged 5-25 years. Open 24 hours.

Phone: 1800 55 1800

### [Positive Choices](#)

An online portal to help school communities access accurate, up-to-date drug education resources.

### [Headspace](#)

Headspace Centres act as a one-stop-shop for young people who need help with mental health, physical health (including sexual health), alcohol and other drugs or work and study support.

### [ReachOut](#)

This website has fantastic information on drugs, where to seek help, how to help a friend, and many other youth related issues.

### [National Alcohol and Other Drugs Hotline](#)

(used to be named Alcohol and Drug Information Service)

Phone: 1800 250 015

### [CounsellingOnline](#)

CounsellingOnline allows you to communicate with a professional counsellor about an alcohol or drug-related concern, using text interaction. This service is free for anyone seeking help with their own drugs use or the drug use of a family member, relative, or friend. CounsellingOnline is available 24 hours a day, 7 days a week, across Australia.

### [Alcohol and Drug Foundation Help and Support Services](#)

This website provides a directory of places in all states and territories in Australia, where it is possible to seek information and services to assist with alcohol and other drug related issues.