



Kids HelpLine 1800 55 180

A kids helpline who will talk to young people about anything they need assistance with.



Headspace

The national youth mental health foundation that helps young people going through a tough time. Lots of resources and fact sheets are available through their website. Eheadspace provides an online chat network. A local counselling service is available in Kalgoorlie



MindMatters

MindMatters is a national mental health initiative for secondary schools that aims to improve the mental health and wellbeing of young people. MindMatters is funded by the Department of Health and has been re-developed by Beyond Blue. All content has been informed by strong evidence in the area of school mental health and wellbeing.

