

# SUPPORTING YOUTH IN THE BUNDABERG REGION

## DIRECTORY

<b>Lifeline</b>	131 114	<a href="http://lifeline.org.au">lifeline.org.au</a>
<b>Headspace Bundaberg</b>	4152 3931	<a href="http://headspace.org.au">headspace.org.au</a>
<b>Kids Helpline</b>	1800 551 800	<a href="http://kidshelpline.com.au">kidshelpline.com.au</a>
<b>1800RESPECT</b>	1800 737 732	<a href="http://1800respect.org.au">1800respect.org.au</a>
<b>Alcohol and Drug Support</b>	1800 177 833	<a href="http://adis.health.qld.gov.au">adis.health.qld.gov.au</a>
<b>Beyond Blue</b>	1300 224 636	<a href="http://youthbeyondblue.com">youthbeyondblue.com</a>
<b>Bridges Health &amp; Community Centre</b>	1300 707 655	<a href="http://bridgeshcc.org.au">bridgeshcc.org.au</a>
<b>Child Safety Bundaberg</b>	4131 5417	<a href="http://csyw.qld.gov.au">csyw.qld.gov.au</a>
<b>Childers Neighbourhood Centre</b>	4130 4690	<a href="http://bundaberg.qld.gov.au">bundaberg.qld.gov.au</a>
<b>Community Development Unit</b>	4130 4150	<a href="http://bundaberg.qld.gov.au">bundaberg.qld.gov.au</a>
<b>DVConnect</b>	1800 811 811	<a href="http://dvconnect.org">dvconnect.org</a>
<b>Family Drug Support</b>	1800 882 436	<a href="http://fds.org.au">fds.org.au</a>
<b>Gin Gin Neighbourhood Centre</b>	4130 4630	<a href="http://bundaberg.qld.gov.au">bundaberg.qld.gov.au</a>
<b>Indigenous Wellbeing Centre</b>	4151 5402	<a href="http://iwc.org.au">iwc.org.au</a>
<b>Parent Line</b>	1300 301 300	<a href="http://parentline.com.au">parentline.com.au</a>
<b>Peirson Services</b>	4151 2299	<a href="http://peirsonservices.org.au">peirsonservices.org.au</a>
<b>Poison Information Centre</b>	13 11 26	<a href="http://childrens.health.qld.gov.au">childrens.health.qld.gov.au</a>
<b>Pregnancy Help Australia</b>	1300 139 313	<a href="http://pregnancyhelpaustralia.org.au">pregnancyhelpaustralia.org.au</a>
<b>Pregnancy, Birth &amp; Baby Helpline</b>	1800 882 436	<a href="http://pregnancybirthbaby.org.au">pregnancybirthbaby.org.au</a>
<b>Q-Clinic Wide Bay Sexual Health</b>	4150 2754	<a href="http://health.qld.gov.au">health.qld.gov.au</a>
<b>Queensland Sexual Assault Helpline</b>	1800 010 120	<a href="http://health.qld.gov.au">health.qld.gov.au</a>
<b>Salvation Army Youth Refuge</b>	4151 3400	<a href="http://salvationarmy.org.au">salvationarmy.org.au</a>
<b>Youth Legal Information</b>	1300 651 188	<a href="http://legallaid.qld.gov.au">legallaid.qld.gov.au</a>

## USEFUL WEBSITES

<b>Black Dog Institute</b>	<a href="http://blackdoginstitute.org.au">blackdoginstitute.org.au</a>
<b>R U OK?</b>	<a href="http://ruok.org.au">ruok.org.au</a>
<b>ReachOut.com</b>	<a href="http://reachout.com">reachout.com</a>
<b>Moodgym</b>	<a href="http://moodgym.com.au">moodgym.com.au</a>