

life & relationships

Everyone has issues to deal with, but some may be a little more difficult than others. If you or a friend are struggling to cope with issues relating to relationships, grief and loss, bullying, or questioning your gender and/or sexuality, headspace may be able to help.

need answers?
click on the shapes below

family

Life after parental separation

Responding to family conflict

bullying

Understanding bullying

relationships & sex

Dealing with relationship breakups

What is sexting?

Building healthy romantic relationships

Have you been feeling **more irritated** than usual recently?

Have you or a friend been going through **a breakup**?

Have you been wanting to explore **your sexual orientation**?

Have you or a friend been impacted by **a natural disaster**?

grief & loss

Dealing with grief and loss & the effects on mental health

How to help a friend who was impacted by a natural disaster

anger

What is anger & the effects on mental health?

sexuality & gender

What is gender identity?

Understanding sexuality and sexual identity

If you are experiencing mental health difficulties, it's important that you reach out to a trusted friend, family member, teacher or Elder to share what you are going through. Or you can get in touch with your local headspace centre or use our online or phone-based service at eheadspace.

For immediate help:
triple zero (000) if it is an emergency

Free National 24/7 crisis services:
Lifeline: 13 11 14 or lifeline.org.au
Suicide Call Back Service: 1300 659 467 or suicidecallbackservice.org.au
beyondblue: 1300 224 636 or beyondblue.org.au

Additional youth support services include:
headspace: visit headspace.org.au to find your nearest centre
eheadspace: 1800 650 890
Kids Helpline: 1800 55 1800 kidshelpline.com.au
ReachOut: reachout.com
SANE Australia: 1800 187 263 sane.org