



Healthy Young People

Need Help Now?

If you need help or are worried about a friend or family member these services can provide information and support.

If you are in immediate danger call 000

Lifeline

Chat online

Call 13 11 14

Kids Helpline (5-25 years of age)

Chat online

Call 1800 551 800

Beyond Blue

Chat online

Call 1300 22 4636

Butterfly National Helpline – Eating Disorder and Body Image Issues Support

Chat online

Call 1800 33 4673

Email support@thebutterflyfoundation.org.au

8am – midnight AEST, seven days a week.

Free support information, counselling and treatment referral for eating disorders, disordered eating, body image and related issues.



National Eating Disorders Collaboration (NEDC)

Prevention and management of eating disorders in Australia including [help and information for young people¹](http://eatingdisordersinfo.org.au/)

1800RESPECT

1800 737 732

Information, counselling and support for people impacted by sexual assault, domestic or family violence and abuse.

Working it Out

Tasmania's gender, sexuality and intersex status support and education service

¹ <http://eatingdisordersinfo.org.au/>