

For more information on the topics covered or on other areas of the law, please visit yla.org.au

Helpful contacts

<p>Legal</p> <p>For free and confidential legal help, you can contact Youth Law Australia. You can access free legal information at yla.org.au through their factsheets or access personalised legal advice at lawmail.org.au.</p> <p>The LegalAid Youth Hotline provides legal advice and information to people under the age of 18. Its business hours are 9:00 am - 12:00 am weekdays, with a 24 - hour service from Friday 9:00 am to Sunday 12:00 am. You can call them on 1800 10 18 10.</p> <p>You may be able to get assistance from a community legal centre that helps adults. You can search for your local community legal centre from this website: www.naclc.org.au</p> <p>You can contact LawAccess for free information, advice and referrals on 1300 888 529, Monday to Friday from 9am to 5pm.</p>	<p>Counselling</p> <p>For counselling support you can call the Kids Helpline on 1800 55 1800 for free and private counselling (available 24 hours a day, but there can be a wait to get through). They are happy to talk to young people aged 5-25 about anything that's troubling them. You can also email them or chat online at http://kidshelpline.com.au.</p> <p>eHeadspace provides counselling to young people aged 12-25 who are worried about their mental health or are feeling alone. You can call them on 1800 650 890 from 9am to 1am. You can also email them or chat online at: https://www.eheadspace.org.au.</p> <p>Lifeline offers 24-hour crisis support and suicide prevention counselling on 13 11 14. You can also speak to a counsellor online from 7pm to 4am at: https://www.lifeline.org.au/Get-Help/Online-Services/Online-Services.</p>
<p>Relationship support</p> <p>For family counselling support you can contact Relationships Australia for family counselling and mediation on 1300 364 277 or visit them at https://www.relationships.org.au.</p> <p>Family Planning clinics provide sexual healthcare (safe sex) services and advice. You can call Family Planning NSW on 1300 658 886 or visit them online at www.fpnsw.org.au</p> <p>For relationship support you can contact 1800RESPECT on 1800 737 732 or visit them at https://www.1800respect.org.au.</p> <p>If you would like to speak to someone about relationship issues or if you're not sure about what is or isn't ok, you can call 1800 MYLINE (1800 695 463).</p>	<p>Other</p> <p>The Office of the eSafety Commissioner is committed to increasing online safety and supporting people to feel protected online. As part of this, they can hear reports on cyber-bullying and help to get the offensive material taken down. They also have helpful resources and guides on what you can do to remain safe online. You can check them online at https://www.esafety.gov.au/</p> <p>The FairWork Ombudsman can provide information and help on anything to do with employment e.g. working hours or pay rates. You can call them Monday-Friday from 8am to 5.30pm on 13 13 94.</p>