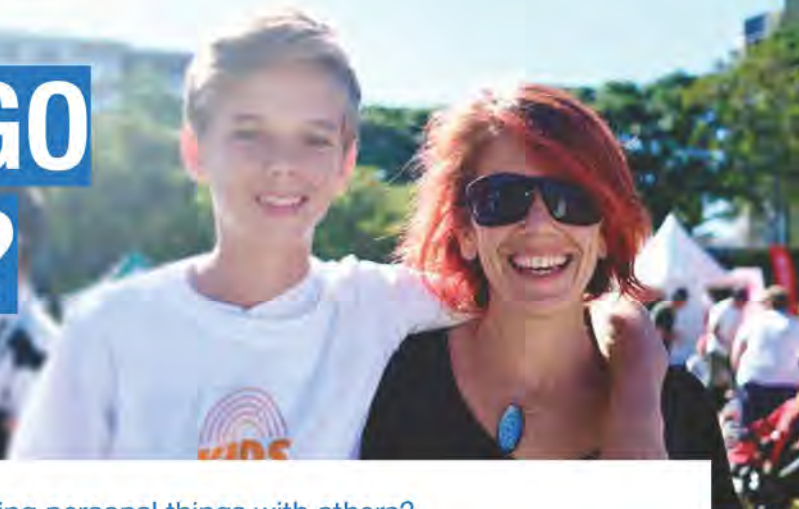


WHERE CAN I GO FOR SUPPORT?

(OTHER THAN A GP)



How do you feel about discussing personal things with others?

Okay, if it's somebody I know

Totally fine

It's pretty nervewracking

Tried speaking to somebody you know?

How do you prefer to talk to people?

Worried about privacy and confidentiality?

yes

no

Eye contact is really important

Anything but face-to-face

no

yes

Would you speak to them again?

PHONE SUPPORT

Hopping on the phone is a great way of not having to look someone straight in the eye but still feel a personal connection with the person you're chatting to.

- ▶ Parentline - Find your state number online
<https://parents.au.reachout.com/telephone-support-for-parents-of-teens>
- ▶ ReachOut Parents One-on-One Support - Register online
<https://parents.au.reachout.com/one-on-one-support>
- ▶ Mensline - 1300 789 978
- ▶ Sane - 1800 187 263
- ▶ Add QLife - 1800 184 527

Do you have reliable internet access?

no

yes

FACE-TO-FACE SUPPORT

Sometimes nothing can beat having a real human in front of you. And there are plenty of options if your GP can't be that person:

- ▶ Community elders
- ▶ Rotary or Lions clubs
- ▶ Parent support groups
- ▶ Faith – based leaders

ONLINE SUPPORT

Whether you're on the go or nervous about getting support, getting online gives you lots of flexibility in terms of how and when you connect. See if you like:

- ▶ ReachOut Parents Forums
- ▶ Sane online chat
- ▶ Eheadspace
- ▶ Facebook groups

DID YOUR OPTION FEEL RIGHT?

Check out the other answers to see if something else is a better fit.

**REACH
OUT.COM**