

## Helpful Links for CYPRESS website:

### After Suicide Support:

<http://standbysupport.com.au/>

<http://www.conversationsmatter.com.au/community-resources>

<http://www.supportaftersuicide.org.au/>

### Children Specific Support

<https://kidshelpline.com.au/>

<https://lionheartcampforkids.com.au/about/>

<https://www.kidsmatter.edu.au/>

### Young people specific support:

<https://au.reachout.com/>

<https://kidshelpline.com.au/>

<https://headspace.org.au/>

<https://youthfocus.com.au/>

### For Professionals and Schools:

<https://headspace.org.au/schools/>

<https://www.mindmatters.edu.au/>

<https://www.kidsmatter.edu.au/>

### Trauma Specific:

<https://www.blueknot.org.au/>

### General Help:

<https://www.lifeline.org.au/get-help/topics/lifeline-services>

<https://kidshelpline.com.au/>

<https://www.dcp.wa.gov.au/Organisation/ContactUs/Pages/HelplinesContactInfo.aspx>

**Relationships support and Counselling:**

<https://www.relationshipswa.org.au/en>

**Parenting:**

<https://www.ngala.com.au>

**Ngala Parenting** phone line: Metro [9368 9368](tel:93689368) or Regional [1800 111 546](tel:1800111546)

**Parenting WA Line (24 hours, 7 days a week)**

Telephone: (08) 6279 1200

Free call: 1800 654 432

<http://raisingchildren.net.au/>