Uplyft.
strong young futures



You have the right to feel and be safe

If you're worried, sad or angry, or have a friend who feels that way, **it is OK to tell us.**

Uplyft will listen, take you seriously and respond to any worries you have about your safety whether in the real world or online.

You can talk to these people if you don't feel safe:

Kids Help Line
1800 55 1800
kidshelpline.com.au

Headspace
1800 650 890
headspace.org.au

Beyond Blue
1300 22 4636
beyondblue.org.au/get-support/talk-to-a-counsellor

13 YARN
13yarn.org.au

QLife
1800 184 527
switchboard.org.au/rainbow-door



Adults can find out more at:
www.ccyp.wa.gov.au