

## Resources for Women

### Having an Emotionally Healthy Home

#### Websites

<https://www.beyondblue.org.au/resources/for-me/women>

<http://au.reachout.com/All-about-anger>

<http://au.reachout.com/tips-for-communicating>

<http://au.reachout.com/listening-skills-worth-having>

#### Books

The Emotionally Healthy Woman – Geri Scazzaro

Emotionally Healthy Spirituality – Peter Scazzero

#### Phone Numbers for you and your loved ones:

**Lifeline: 13 11 14**

For support and advice in a personal crisis.

- Age: For all ages
- Phone counselling 24/7
- Online [web chat](#), available 7 days/week between 8pm and 4am AEST. Check site for more details [www.lifeline.org.au](http://www.lifeline.org.au)

#### **Kids Helpline 1800 55 1800**

To young people talk to someone about anything that's going on in your life.

- Age: 5-25
- Phone counselling 24/7
- Online [web chat](#) and [email](#), check site for more details [www.kidshelp.com.au](http://www.kidshelp.com.au)

#### **Suicide Call Back Service**

Support if you, or someone you know, is feeling suicidal.

- Age: For all ages
- Phone counselling 24/7
- Online [web chat](#), check site for more details [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)