






CATS The Childhood to Adolescence
Transition Study



Thank you for taking part in CATS

If any of the questions in the questionnaire have upset you, it can help to talk your parents or teacher about it. If you prefer to talk to someone from CATS you can call Lisa Mundy on (03) 9345 6732.

If you would like to talk to someone else, you can call or chat online:

 KidsHelpline	www.kidshelpline.com.au/teens	1800 551 800
 headspace <small>National Youth Mental Health Foundation</small>	www.headspace.org.au	1800 650 980
 youth beyondblue	www.youthbeyondblue.com	1300 224 636

You also might like to try...

 Butterfly <small>Foundation for Eating Disorders</small>	www.thebutterflyfoundation.org.au <i>Foundation for eating disorders</i>	1800 334 673
 1800RESPECT <small>NATIONAL SEXUAL ASSAULT, DOMESTIC FAMILY VIOLENCE COUNSELLING SERVICE</small>	www.1800respect.org.au <i>Counselling service</i>	1800 737 732
 BURSTING THE BUBBLE	www.burstingthebubble.com <i>Trouble at home</i>	
 REACH OUT.COM	https://au.reachout.com/identity-and-gender/ <i>Information about sexuality and gender</i>	
 LOVE <i>THE Good the BAD AND THE UGLY</i>	www.lovegoodbadugly.com <i>Love and relationships</i>	
cyber(smart:)	www.esafety.gov.au <i>Staying safe online</i>	
alcoholthinkagain	https://alcoholthinkagain.com.au/ <i>Information about drinking</i>	1800 198 024
 Play Safe	https://playsafe.health.nsw.gov.au <i>Sexual and reproductive health</i>	