






**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 to your family or friends about it. If you prefer to talk to someone from CATS, you can call Elissa Phillips on (03) 9345 6732.

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

	<a href="https://www.lifeline.org.au/">https://www.lifeline.org.au/</a> 24-hour phone, text & chat crisis support	13 11 14
	<a href="http://www.headspace.org.au">www.headspace.org.au</a>	1800 650 980
	<a href="http://www.youthbeyondblue.com">www.youthbeyondblue.com</a>	1300 224 636

You also might like to try...



[www.thebutterflyfoundation.org.au](http://www.thebutterflyfoundation.org.au)  
Support for body image issues and eating disorders

1800 334 673



[www.1800respect.org.au](http://www.1800respect.org.au)  
Family, domestic, or sexual assault counselling

1800 737 732



<https://au.reachout.com/identity-and-gender/>  
Information about cultural, sexual and gender identity

cyber(smart:)

[www.esafety.gov.au](http://www.esafety.gov.au)  
Staying safe online

alcoholthinkagain

<https://alcoholthinkagain.com.au/>  
Information about drinking

1800 198 024

Play Safe

<https://playsafe.health.nsw.gov.au>  
Sexual and reproductive health