



# CATS

child to adult 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 a trusted person about it. If you prefer to talk to someone from CATS, you can call us 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...		
	<a href="http://www.thebutterflyfoundation.org.au">www.thebutterflyfoundation.org.au</a> Support for body image issues and eating disorders	1800 334 673
	<a href="http://www.1800respect.org.au">www.1800respect.org.au</a> Family, domestic, or sexual assault counselling	1800 737 732
	<a href="https://au.reachout.com/identity-and-gender/">https://au.reachout.com/identity-and-gender/</a> Information about cultural, sexual and gender identity	
	<a href="http://www.esafety.gov.au">www.esafety.gov.au</a> Staying safe online	
	<a href="https://ysas.org.au/for-young-people-1">https://ysas.org.au/for-young-people-1</a> Information about alcohol and other drugs	
	<a href="https://playsafe.health.nsw.gov.au">https://playsafe.health.nsw.gov.au</a> Sexual and reproductive health	
	<a href="https://www.youthcentral.vic.gov.au/advice-for-life/finances/getting-financial-help">https://www.youthcentral.vic.gov.au/advice-for-life/finances/getting-financial-help</a> Financial support	
	<a href="https://www.youthcentral.vic.gov.au/advice-for-life/housing">https://www.youthcentral.vic.gov.au/advice-for-life/housing</a> Housing support	