



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:

	https://www.lifeline.org.au/ 24-hour phone, text & chat crisis support	13 11 14
	www.headspace.org.au	1800 650 980
	www.youthbeyondblue.com	1300 224 636
You also might like to try...		
	www.thebutterflyfoundation.org.au Support for body image issues and eating disorders	1800 334 673
	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	
	www.esafety.gov.au Staying safe online	
	https://ysas.org.au/for-young-people-1 Information about alcohol and other drugs	
	https://playsafe.health.nsw.gov.au Sexual and reproductive health	
	https://www.youthcentral.vic.gov.au/advice-for-life/finances/getting-financial-help Financial support https://www.youthcentral.vic.gov.au/advice-for-life/housing Housing support	