











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 and webchat crisis support	13 11 14
	www.headspace.org.au Online and phone services for mental health, and work and study	1800 650 890
	www.youthbeyondblue.com 24-hour advice and support via phone, webchat and email	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 Information about cultural, sexual and gender identity with anonymous chats and online support	
	www.esafety.gov.au Staying safe online and reporting services	
	https://ysas.org.au/for-young-people-1 Understanding alcohol, other drugs and their impact	
	https://playsafe.health.nsw.gov.au Sexual and reproductive health with interactive forums	
	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	