

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:



13 11 14

lifeline.org.au

24-hour phone, text and webchat crisis support



1800 650 890

headspace.org.au

Online and phone services for mental health, and work and study



1300 224 636

youthbeyondblue.com

24-hour advice and support via phone, webchat and email

You also might like to try...



1800 334 673

thebutterflyfoundation.org.au

Support for body image issues and eating disorders



1800 737 732

1800respect.org.au

Family, domestic, or sexual assault counselling



au.reachout.com/identity

Information about cultural, sexual and gender identity with anonymous chats and online support

cyber(smart:)

esafety.gov.au

Staying safe online and reporting services



ysas.org.au/for-young-people-1

Understanding alcohol, other drugs and their impact

Play Safe

playsafe.health.nsw.gov.au

Sexual and reproductive health with interactive forums



youthcentral.vic.gov.au/advice-for-life/finances/getting-financial-help
Financial support



youthcentral.vic.gov.au/advice-for-life/housing
Housing support

 cats.mcri.edu.au

 0494 629 438

 cats@mcri.edu.au

 [cats.study.12](https://www.facebook.com/cats.study.12)

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