



Help for teens and young people 16 years +

If you have an emergency call 000

Other 24/7 crisis lines:

Lifeline 13 11 14

Kids Helpline 1800 55 1800

Connect with professional services specifically designed to assist young people.

Youth at risk of family breakdown:

Help for young people whose relationship with their family is at risk of breaking down or have been exposed to family violence.

Youth at risk of homelessness:

Individual and group counselling for young people who may be at risk of homelessness.

Education support:

For young people who have disengaged from education early and require some help to get back on track.

Mental health support:

Assistance for young people aged 18 and over to work through their mental health conditions and help for people applying for an NDIS funding plan.

Pregnancy and parenting:

For vulnerable young women aged 16-25 who need extra help during pregnancy and with parenting.

Alcohol and drugs:

Help for young people who are using alcohol and drug issues, plus counselling and coaching for their families.

Gambling help:

For young people over 16 years seeking advice for gambling concerns.

Sexual assault services:

Counselling for young people who have been sexually assaulted.

Support coordination for young people with a disability:

Assisting clients with NDIS plans to find services suited to their needs.

Youth disability therapy:

Speech and occupational therapy services (fee for service, Medicare and NDIS funding).

Employment options for school leavers with a disability:

Services for young people with a disability, to guide them through leaving school, learning new skills, preparing for work and finding a job.

Young adults transitioning from out-of-home care:

A service for 15-25 year olds in out-of-home care looking to make a positive transition to living independently.

Privacy Policy and Data Collection Notice

CCareline is here to help Sydney families with relationships, parenting, ageing, disabilities, addictions and mental health concerns.

✉ connect@catholiccare.org

🕒 8am - 8pm Monday - Friday

For help finding help, call

 **CCareline 13 18 19**