



kidshelpline
Anytime Any Reason

Call

Email

WebChat

[kidshelpline.com.au](https://www.kidshelpline.com.au)

1800 55 1800

FREE CALL 24/7



Kids Helpline is a service of yourtown for 5-25 year olds | Emergency 000



Positive self talk

say to yourself...

“This feeling will pass”

“Just breathe, let it go”

“I am strong – I will sort this”

“How big is this problem? It’s not the end of the world”

“I can take a break until I cool down”

“I can get through this”

“Everyone makes mistakes”



Staying Safe: If you ever feel scared, sad or worried



Say "NO"



Yell Out or
Phone Someone
for Help



Go to a Safe
Adult



Tell a Trusted
Adult What
Happened ASAP