



# Mental Health resources for gender diverse children and young people

Here are some resources for supporting your child's mental health and wellbeing – and for sharing with them.

If you are a young person and need emergency support click **here**

You can also check out our list of peer support providers for young people **here**

You can also check out our lists of gender-affirming care providers for **younger children** and **older children**.

## Websites and online support for gender diverse young people's mental health and wellbeing

### **Qlife (National)**

[www.qlife.org.au](http://www qlife.org.au)

QLife provides anonymous and free LGBTI peer support and referral for people in Australia wanting to talk about sexuality, identity, gender, bodies, feelings or relationships. Their services are for LGBTI individuals, their friends and families, and health professionals in Australia.

### **Minus18 (National)**

[www.minus18.org.au](http://www.minus18.org.au)

Minus18 events are fun, safe, and full of LGBTQIA+ pride! Dance parties, social events and our Queer Formal – they're all a place to be yourself and make new friends. In-person and online events throughout the year.

### **Headspace (National)**

**Headspace Call 1800 650 890**

Chat privately with professional counsellors over the phone or webchat, seven days a week between 9am – 1am (AEDT). It's a safe space for 12-25 year olds if you want some advice, unsure of what help you need or maybe just want to talk things through.

### **Here by ACON (National)**

<https://here.org.au/>

ACON's LGBTQ+ digital suicide prevention hub providing resources and links to services.

### **ReachOut (National)**

<https://au.reachout.com/>

A web-based support service for young people going through tough times, with practical tools and support, including online forums. Reach Out also offers a safe, online place for parents to get information and support to help you and your teen feel better.

### **Kids Helpline (National)**

<https://kidshelpline.com.au/>

**Call: 1800 551 800**

Kids Helpline is Australia's only free (even from a mobile), confidential 24/7 online and phone counselling service for young people aged 5 to 25.

### **Charlee (National)**

<https://www.charlee.org.au/>

A suicide prevention hub made by LGBTIQ+ people who have thoughts about suicide, lived through suicide attempts, supported others in distress and live with the pain of loss through suicide.

**Beyond Blue (National)**

<https://www.beyondblue.org.au/>

**Call 1300 22 4636**

Free, anonymous forums and confidential support services open 24/7 for everyone in Australia.

**13YARN (National)**

<https://www.13yarn.org.au/>

**Call 13 92 76**

24 /7 Crisis support for Aboriginal and Torres Strait Islanders

13YARN is a national service for Aboriginal & Torres Strait Islander people in crisis. They offer confidential one-on-one support over the phone with trained Lifeline Aboriginal & Torres Strait Islander crisis supporter.

**It Gets Better Project (International)**

<https://itgetsbetter.org/>

The It Gets Better Project's mission is to uplift, empower, and connect lesbian, gay, bisexual, transgender, and queer (LGBTQ+) youth around the globe.

**My Services Community Directory (WA)**

<https://www.myservices.org.au/>

A Western Australian-based directory of mental health support services which offers support by location, online/in person, crisis lines and app based support.

## **Rainbow Door (VIC)**

[www.rainbowdoor.org.au](http://www.rainbowdoor.org.au)

Rainbow Door is a free specialist LGBTIQ+ (Lesbian, Gay, Bisexual, Transgender and Gender Diverse, Intersex, Queer, Asexual, BrotherBoys, SisterGirls) helpline providing information, support, and referral to all LGBTIQ+ Victorians, their friends and family.

## **Switchboard (VIC)**

[www.switchboard.org.au](http://www.switchboard.org.au)

Switchboard provides peer-driven support services for lesbian, gay, bisexual, transgender and gender diverse, intersex, queer and asexual (LGBTIQ+) people, their families, allies and communities. They have a range of different programs offering peer-to-peer support in areas including gender and sexuality, diverse relationships, suicide prevention, family violence support, anti-racism advocacy, and social inclusion for older LGBTI community.

## **Being Proud (TAS)**

<https://www.beingproud.org.au/>

Information and resources for Tasmanian parents and families of young people who are Lesbian, Gay, Bisexual, Transgender, Intersex, Sexuality Diverse and Gender Diverse.

## **Information sheets for supporting gender diverse young people's wellbeing:**

Beyond Blue: Parent tips for supporting your family's wellbeing

Headspace: Tips for supporting young people's wellbeing

Kids helpline: A factsheet for young people on gender identity and how to feel comfortable expressing gender identity

Headspace: A factsheet on gender identity and mental health

Transforming Families: Information on coping with gender dysphoria

TransHub: An article on finding gender-affirming clothing

## **Online programs for supporting children's and young people's mental health and wellbeing:**

### **Bite Back**

BITE BACK is a free, self-guided online wellbeing and resilience program for young people aged 13–16 years old. It uses a combination of fun, interactive activities, quizzes, animations and information across nine positive psychology domains including gratitude, optimism, flow, meaning, hope, mindfulness, character strengths, healthy lifestyle, and positive relationships.

### **Brave Program**

The BRAVE Program is an interactive, online program for the prevention and treatment of childhood and adolescent anxiety for children and young people. There are programs for young children (3-7), children (8-12) and teens (13-17). The programs are free, and provide ways for children and teenagers to better cope with their worries.

### **MoodGYM**

This free, fun, interactive program for young people over 16 years helps you identify and overcome problem emotions and shows you how to develop good coping skills for the future.

Click [here](#) for a range of apps for supporting children's and young people's mental health and wellbeing.