

# CAN WE HELP?

WAGGA YOUTH SERVICES

**Your mental health matters.**

If you need someone to talk to, there are services who can help.

## CHILD AND ADOLESCENT MENTAL HEALTH SERVICE

Up to 18 years old  
2 O'Reilly Street, Wagga Wagga  
☎ 6923 5700

## HEADSPACE

12 to 25 years old  
2/185 Morgan Street, Wagga Wagga  
☎ 6923 3170

## MENTAL HEALTH RECOVERY PROGRAM

16 year olds +  
Wagga Wagga Rural Referral Hospital  
☎ 5943 1800

## ROAR (INTEREACH)

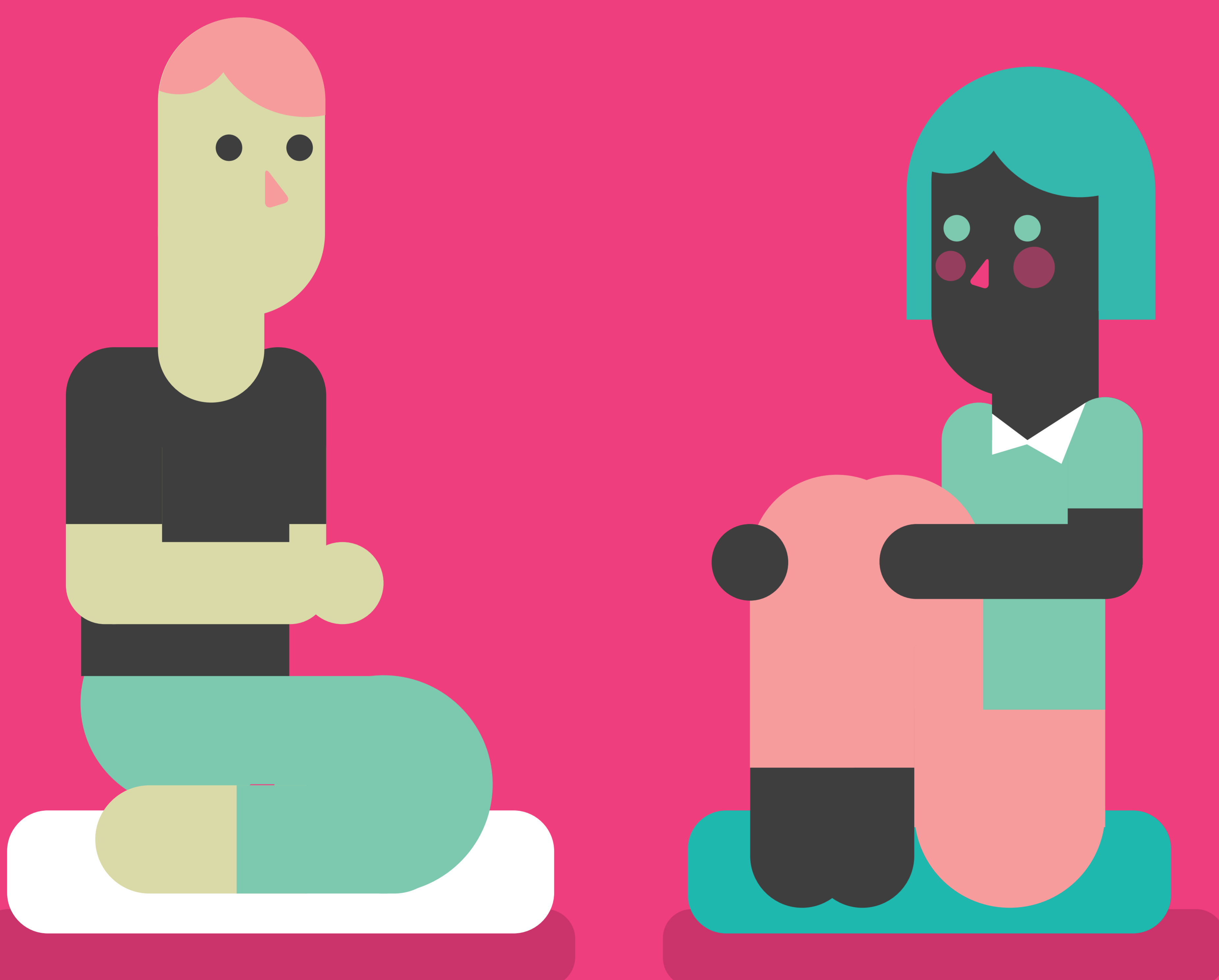
Under 18 years old  
20 Peter Street, Wagga Wagga  
☎ 6932 8300

## NOT SURE WHO TO CALL?

Accessline Crisis line  
☎ 1800 800 944 (24/7)

## KIDS HELPLINE

Crisis line  
☎ 1800 551 800 (24/7)



[wagga.nsw.gov.au/youth](http://wagga.nsw.gov.au/youth)