

Young People & Young Adults Helpline

1300 687 399

Converge understands that people face many challenges in their lives and that, sometimes, these require specialised support.

We believe the counsellors providing this support should be specialists with specific social or cultural experience, knowledge and understanding. Your organisation offers access to specialist phone support in addition to your existing Employee Mental Health & Wellbeing Program.

WHAT IS THIS HELPLINE FOR?

We recognise that there are many pressures on young people today. Whether they are in the senior years of their schooling, or commenced tertiary studies, or out in the world working toward building a fulfilling life, we know it can be tough sometimes. This is why we've set up a new helpline specifically targeting young people, staffed by young people who want to make a positive difference.

WHAT SUPPORT CAN YOU EXPECT?

When you call one of our specialist helpline services, we make an appointment for you to speak with an independent, experienced and supportive counsellor. They can also help you access additional support through referrals to external services, specialised information and resources. Even though they are intentionally a young counselling team, they have the full backing of our large senior team of counsellors and mental health experts that can help out at a moment's notice.



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