

Noticing and naming emotions



Where to get more help

If you need further support, help is available:

Kids Helpline: 1800 55 1800 or [kidshelpline.com.au](https://www.kidshelpline.com.au). Free, confidential counselling for bullying and other harmful behaviours, school issues, online harm and wellbeing, available 24/7.

Beyond Blue: 1300 22 4636 or [beyondblue.org.au](https://www.beyondblue.org.au). Mental health support for stress, anxiety or overwhelm, available 24/7.

Lifeline: 13 11 14 or [lifeline.org.au](https://www.lifeline.org.au). Crisis support and counselling if things feel overwhelming, available 24/7.

Dolly's Dream Bullying Support Line: 13 36 55 (13 DOLLY) or [dollysdream.org.au](https://www.dollysdream.org.au). Counselling and guidance for children and young people experiencing bullying and other harmful behaviour, available 24/7.

headspace/ehespace: 1800 650 890 or [headspace.org.au](https://www.headspace.org.au). Mental health, wellbeing and early intervention support, available 9 am–1 am daily.

1800RESPECT: 1800 737 732 or [1800respect.org.au](https://www.1800respect.org.au). Sexual assault, family and domestic violence counselling line for anyone who has experienced, or is at risk of, family and domestic violence and/or sexual assault, available 24/7.

13YARN: 13 92 76 or [13yarn.org.au](https://www.13yarn.org.au). Culturally safe 24/7 support for Aboriginal and Torres Strait Islander people.

QLife (LGBTIQA+ young people): 1800 184 527 or [qlife.org.au](https://www qlife.org.au). Free, anonymous peer support and referral service, available 3 pm–9 pm daily.

eSafety Commissioner: [esafety.gov.au](https://www.esafety.gov.au). Report cyberbullying, get advice and request content removal support.

Australian Human Rights Commission: [humanrights.gov.au](https://www.humanrights.gov.au). Support for cases involving discriminatory harm. Reports can be made via their website or by emailing infoservice@humanrights.gov.au.

Connected resources

- What to do when friendship is hard
- Someone is being mean. Simple steps to feel safe



State, territory and non-government education sectors will reflect the expectations of the National Framework for Addressing Bullying in Australian schools in their policies and procedures by Term 1 2027. This includes making reasonable efforts to initiate a response to bullying and harmful behaviour within two school days, recognising that further time may be required to fully address the issue. By Term 1 2027, all schools will also publish or link to policies and procedures that align with the National Framework (or equivalent contemporary jurisdiction specific Frameworks) and their local policies and school context.