<http://thinkuknow.org.au/>

ThinkUKnow is an informative resource for concerns relating to young people and their use of technology. There are factsheets on a variety of topics such as ‘Staying Safe’, ‘SOS Guide to Cyber Security’ and ‘Protecting Your Information’ (these have also been translated into several other languages). There are also parent and youth factsheets about Instagram, You Tube, Twitter, Tinder, Snapchat, Minecraft, Kik Messenger, Facebook, ASKfm, and ‘Managing Your Reputation’. There are also tools to begin conversations and a print-out ‘Family Online Safety’ contract. You can also sign up to their monthly newsletter for more regular information.

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

1800 55 1800

Kids Helpline service provides free, confidential counselling for children and young people. They also provide young people experiencing problems online with free and private web chat counselling. Their website has different sections for different age groups as well as advice for parents and caregivers on issues such as bullying, cyberbullying, social media and safety, depression, healthy relationships, communication tips, anxiety, etc.

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

Parentline provides a counselling, information and referral service for parents and carers residing in QLD and NT. They operate 7 days a week between 8am and 10pm. 1300 30 1300. They also have a webchat option between 11am – 2pm on Tuesdays and Thursdays.

Their website also has a variety of wide variety of resources and tip sheets on topics such as managing exam stress, self-harm, blended families, resilience, safe partying and many more. This has new topics added month.

<https://headspace.org.au>

headspace Darwin is a youth friendly health service in Casuarina. They offer free services to help 12-25 year olds with mental health and wellbeing. They also provide assistance in accessing education, employment services and alcohol and drug services. Friends and family members of young people experiencing difficulties can also receive assistance.

<https://www.darwin.nt.gov.au/community/services/community-service-directory>

This directory has a comprehensive list of Community Support Services offered in Darwin (along with contact information).