

Feeling Safer and Getting Help

If something doesn't feel safe

If something doesn't feel right or safe, there are things you can do. You are not alone and you don't have to figure this out on your own.

If you are feeling unsafe at the moment, you can call 000. You can try to go somewhere that you feel safe like a friend's house, a neighbour's house or a public place like the shops.

Things that might help you feel a bit safer

- Staying near someone you can trust
- Going to places where you feel safer (like a friend's house or public places)
- Keeping your phone with you
- Thinking about who you can reach out to for help

Remember: Keeping yourself safe is not something you should have to manage all on your own.

Sometimes you might not be able to leave or talk to someone right away. There might be some small things to help you get through difficult times like:

- Spending time in spaces that help you feel safer, like your bedroom or outside
- Keeping yourself distracted with music, videos, reading books or playing games
- Writing things down in a journal or messaging friends or safe adults

Asking for help

You might not know what to say or how to ask for help. You might be scared about what could happen to you or your family if you ask for help. You might worry about getting someone in trouble. These are really common worries and you can go at your own pace.

Here's some ideas for things you might say:

- Something doesn't feel right
- I don't feel safe
- I need help
- I have something I need to tell someone

You don't have to explain everything. Start small and explain what you can

What happens when you ask for help

They can listen to you, help you feel safe and figure out what to do next. Sometimes they might have to involve other people to help keep you safe – you can ask questions about what will happen before you decide to tell someone.

Who to speak to for help

- A parent, carer, grandparent or relative
- Police, doctors or other professional adults
- Teacher, school counsellor or principal
- Kids Helpline on 1800 55 1800 or visit their website to chat online <https://kidshelpline.com.au/>
- You can speak to a SECASA counsellor/advocate on 8769 2200 – option 1
- Friend's parents or neighbours