

Vaping Support for Young People

Quitline

- Free confidential and evidence-based telephone counselling service
 - Phone: 13 7848 (Monday-Friday, 8am to 8pm)
 - Text 'call back' to 0482 090 634
 - Webchat at quit.org.au
 - Message on Facebook Messenger @quitvic or WhatsApp 61 385 832 920
 - Request a callback using the online form at quit.org.au
 - You can refer someone (with their consent) using the [online form](#).

headspace Wonthaggi

- Offers free and confidential support for young people aged 12-25 with mental health, physical health, alcohol and other drugs or work and study support
- Address: 5b Murray Street, Wonthaggi, Victoria 3995
- Phone: 5671 5900
- Email: info@headspacewonthaggi.org.au

Youth Access Clinics

- Drop-in clinics for 12-25 year olds covering all areas of health and wellbeing
- Located in [Wonthaggi](#), [Leongatha](#) and [Foster](#)

Kids Helpline

- Free and confidential phone and [online counselling service](#) for young people aged 5 - 25.
- Phone: 1800 551 800