

ReachOut NextStep

ReachOut NextStep Emergency Help

1 2 3 4

! Are you in immediate danger? >

Thanks, it can be tough to share how you're feeling

What would you like to work on first?

Based on what you've selected, we've narrowed it down to the following below.

i I'm feeling stressed, anxious, worried or down →

i I'm thinking about ending my life →

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It's OK if you're feeling stressed, anxious or down

How much has this affected you in the last month?

It's a huge deal —

It's a lot to handle —

It's bad but I'm ok —

OK, now let's tailor your options:

What state do you live in?* NSW >

Tell us a bit more Optional >

Show me my support options →

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It's great that you're here looking for support

Here's your personalised support options

This is based on what you've shared.

Phone Recommended

“ I didn't feel alone when I was speaking to someone. ”
Doris, 22

Suicide Call Back Service
Free call - 24/7
1300 659 467

Alcohol Drug Information Service
Free call - 24/7
1800 422 599

e-HeadSpace
Free call - 9am - 1am
1800 650 890

Try other support options

- Face to Face
- Online Chat
- Peer Forums
- Apps & Tools
- Info & Self-Help

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More on Drugs and Alcohol

Stories

About feeling stressed, anxious, worried or down
Hear from young people and professionals talk about feeling stressed, anxious, worried or down.
102 people think this is useful

Stats

Practical Tips

Download a copy of your support options
Save to keep your options handy
Share when you need to
Come back to them at any time
Download PDF (164KB)

← Want to work on something else? Go back

You're Leaving?

You will lose your personalised support options if you leave.

Download a copy of your support options
Save to keep your options handy
Share when you need to
Come back to them at any time
Download PDF (164KB)

Stay on this screen | Leave this Screen

When you're worried about your drug and alcohol use

- Set yourself goals** with the free app [Hello Sunday Morning](#) it helps you set simple, achievable weekly challenges to help reset your drinking habits.
- Work it out** with the [YoDDA Tool](#) helps you work out where you're at with your drug and alcohol use. You will get feedback along the way and personalised outcomes at the end.
- Learn how** to drink responsibly, from reachout.com/tips-for-drinking-responsibly

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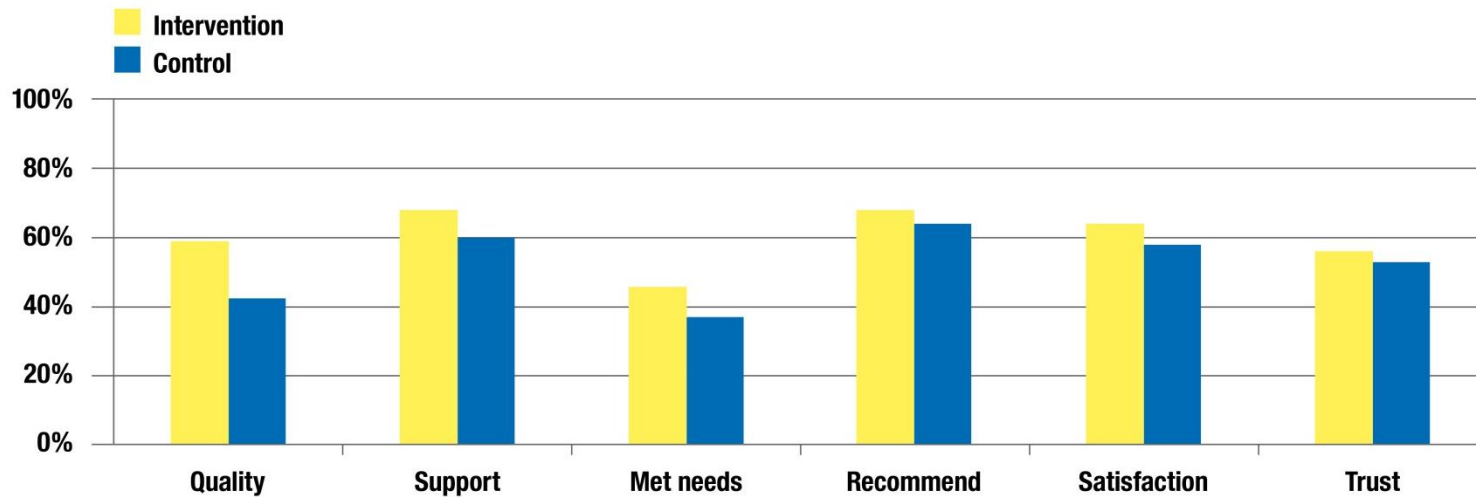


- **90** Symptoms
- **12** Issues
- **5** Severity levels for each issue
- **25** Apps and tools
- **5** Online forums
- **14** Chat services
- **41** Phone services
- **28** Face2Face services
- **29** Practical tips
- **250+** Articles/stories
- **12** Videos
- **60** Pathways
- **THOUSANDS** of possible combinations

Randomised Controlled Trial

403 participants

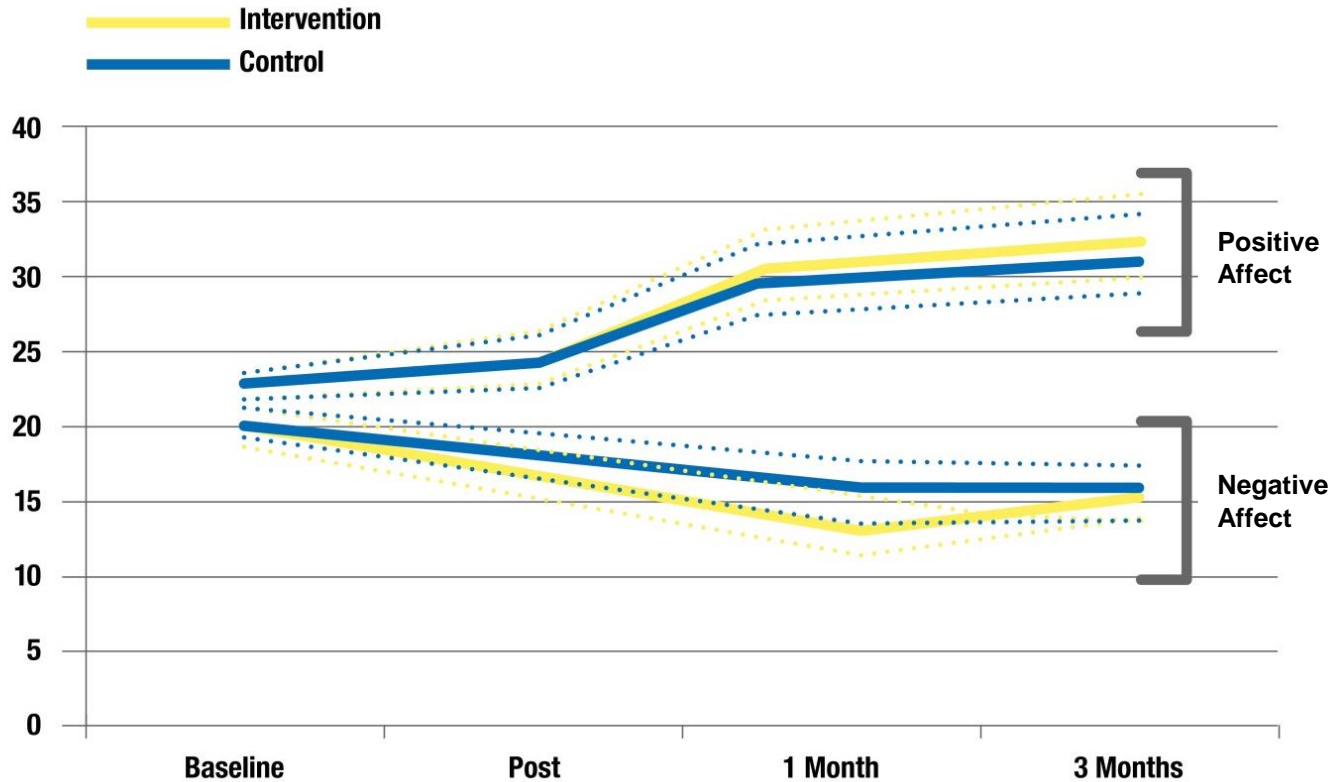
Participant Ratings



Participant ratings for both strategies

Randomised Controlled Trial

403 participants



PANAS over time

with 95% Confidence Interval