

Communicating online about self-harm or suicide? Support services for you

Reporting content on social media

If you are concerned about content you have seen on social media, you can report it to the platform.

Reporting content can keep other people safe by allowing the platform to remove unsafe or distressing content. If the person who shared the content is at risk of harming themselves, platforms may provide them with information about where they can get support.

Your report will remain anonymous, and you will not get the person in trouble.

Instagram



The **Help Centre** has information about online safety, reporting, and support services.

Report content by tapping **⋮** then select "Report".

TikTok



Find support services in the **Safety Centre**.

Tap **➔** and then **🚩** to report content.

Snapchat



The **Safety Centre** has links to suicide prevention services, and information about to use Snapchat safely.

Tap **⋮** and select "Report".

Facebook



The **Facebook Help Centre** has information on reporting content, and links to support services.

Tap **⋮** and select "Report Post".

X (Twitter)



X (Twitter) **Help Center** has information about reporting sensitive content.

Tap **⋮** and select "Report Post".

YouTube



The YouTube **Help center** has information on reporting self-harm and suicide content.

On a video or short, tap **⋮** or **⚙️** and select "Report".

Online and phone support services



eheadspace

Email, chat and phone counselling for young people aged 12 to 25 years, and their family or friends. Available seven days a week from 9am to 1am, AEST.

📧 eheadspace.org.au 📞 1800 650 890

Kids Helpline

Free and confidential phone and online counselling for children and young people aged 5 to 25 years. Available 24/7.

📧 kidshelpline.com.au 📞 1800 551 800

Lifeline Australia

Free phone and online crisis support and suicide prevention services for all Australians. Available 24/7.

📧 lifeline.org.au 📞 13 11 14

Qlife

Free and anonymous LGBTQ+ peer support by phone or online chat for all Australians. Available 3pm-12am, 7 days.

📧 Qlife.org.au 📞 1800 184 527

13YARN

Free and culturally safe crisis support for Aboriginal and Torres Strait Islander people. Available 24/7

📧 13yarn.org.au 📞 13 92 76

Add the details of support people and services at your school here: