

HELPLINES & WEBSITES

Wanting to talk to someone, concerned about a friend or family member or just want to find out some more info?

Check out these websites or call the numbers provided



ONLINE COUNSELLING:

Kids Helpline – <https://kidshelpline.com.au/>

Youth Beyond Blue – <https://www.youthbeyondblue.com/>

eHeadspace – <https://eheadspace.org.au/>

Suicide Call Back Service – <https://www.suicidecallbackservice.org.au/>

INFO & RESOURCES ON MENTAL HEALTH

Headspace – <http://headspace.org.au/>

Mindhealthconnect – <http://www.mindhealthconnect.org.au/>

Black Dog Institute – <http://www.blackdoginstitute.org.au/>

ReachOut – <http://au.reachout.com/>

SANE – <https://www.sane.org>

COPMI (*Children of Parents with Mental Illness*) – <http://www.copmi.net.au>

Kids Helpline – 1800 55 1800

Lifeline – 13 11 14

Suicide Call Back Service – 1300 659 467

eHeadspace – 1800 650 890

Youth Beyond Blue – 1300 22 4636

SANE – 1800 18 7263

CYMHS – 4616 6843

ACT – 1300 MH CALL (1300 642 255)



In case of an emergency Call “000” or
go to Accident & Emergency at your nearest hospital

Useful Apps



Happify – science based activities for stress and anxiety relief



SuperBetter – games to increase resilience



ReachOut WorryTime - a place to store worries, and alerts you when it's time to think about them



MindShift – helps teens and young adults cope with anxiety



ReachOut Breathe – helps reduce the physical symptoms of stress and anxiety



What's Up? - teaches methods to help you cope with different emotions



In Hand – tracks mood; activities to bring you back to balance



MiYo – self reflection journal to track your wellbeing



Music eEscape – develop playlists to match your mood; use to express, enhance or change mood



MoodKit – mood improvement tools



Headspace – meditation app to help with stress and worry



Smiling minds– meditation app to help with stress and worry



Breakup Shakeup - provides ideas for things to do to cope after a breakup



Beyond Now - suicide safety planning app



YouthBeyondBlue The Check-In - takes you through how you might check in and support a friend



Recharge – for males; helps establish a good sleep/wake routine to improve wellbeing