



LEARNING AT HOME

WELLBEING

ARE YOU IN DANGER?

If you, or someone you are with, is in immediate danger please

CALL 000

or go to the nearest hospital emergency department

If you need someone to talk to...



For anyone 25 or under - Kids Helpline is a free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.

1800 551 800

Webchat 24/7

<https://kidshelpline.com.au/get-help/webchat-counselling>



For all ages - 24-hour crisis support telephone service. Lifeline provides 24/7 crisis support and suicide prevention services.

CALL: 13 11 14 24/7

TEXT: 0477 131114

6pm - Midnight

Crisis Support Chat 7:00PM - Midnight

<https://www.lifeline.org.au/get-help/online-services/crisis-chat>



1300 659 467
suicidecallbackservice.org.au
24/7

A nationwide service that provides 24/7 telephone and online counselling to people who are affected by suicide, experiencing thoughts of self-harm or suicide

1300 659 467 24/7

Online Chat 24/7

Video Chat 24/7

<https://www.suicidecallbackservice.org.au/>



Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.

1300 224 636 24/7

Chat Online

3:00PM - Midnight

<https://www.youthbeyondblue.com/>



SANE Australia supports people living with complex mental health issues and the people that care about them

1800 187 263

10:00AM – 10:00PM

Webchat
10:00 AM – 10:00 PM

<https://www.sane.org/about-sane>



headspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends.

Group Chat 24/7
1 on 1 Chat

9AM - 1AM <https://headspace.org.au/eheadspace/>



QLife provides anonymous and free LGBTI peer support and referral for people wanting to talking about sexuality, identity, gender, bodies, feelings or relationships

1800 184 527

3PM - Midnight
Webchat

3PM – Midnight

<https://www qlife.org.au/resources/chat>

1800RESPECT

NATIONAL SEXUAL ASSAULT, DOMESTIC
FAMILY VIOLENCE COUNSELLING SERVICE

Confidential information, counselling and support service, open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse

1800 737 732 24/7

Interpreter: 13 14 50
Online Chat 24/7

<https://chat.1800respect.org.au/#/welcome>



Carer Line offer emotional support, referrals and distribute carer specific resources and information to carers and community members

1800 242 636

9AM – 5PM
Monday - Friday

<http://www.carersnsw.org.au/how-we-help/support/carers-line/>

Mental Health Line
1800 011 511

A mental health professional will answer your call about mental health concerns for you or someone you are concerned about, including children, teens, adults and older people

1800 011 511 24/7

<https://www.health.nsw.gov.au/mentalhealth/Pages/Mental-Health-Line.aspx>



**Black Dog
Institute**

Primary areas of mental health research and treatment include: depression, bipolar disorder, post-traumatic stress disorder (PTSD), anxiety, workplace mental health, adolescents and young people, suicide prevention, e-mental health, and positive psychology and wellbeing.

<https://www.blackdoginstitute.org.au/>



Our mission is to deliver innovative e-mental health services that enable young people to take control of their mental health and wellbeing.

<https://au.reachout.com/>



Child Protection Helpline

13 21 11

<https://reporter.childstory.nsw.gov.au/s/mrg>

If you are looking for an App...



Calm Harm provides tasks that help you resist or manage the urge to self-harm. You can add your own tasks too and it's completely private and password protected.

Free

App Store
Google Play



The fear of threat, or anxiety, is like a strong gust of wind. It drags you in and makes you want to fight it or run away.

Instead, face your fear with the free Clear Fear app and learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.

Free

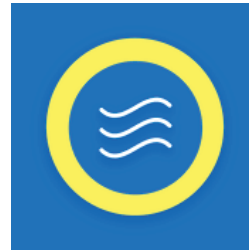
App Store
Google Play



ReachOut WorryTime interrupts repetitive thinking by setting aside your worries until later, so you don't get caught up in them and can get on with your day. This means you can deal with worries once a day, rather than carrying them around with you 24/7

Free

App Store



ReachOut Breathe helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate with your iPhone

Free

App Store



Smiling Mind is a meditation app for young people. It has been developed by a team of psychologists and uses mindfulness to boost calmness, contentment and clarity. Mindfulness meditation has been shown to help manage stress, resilience, anxiety, depression and improve general health and wellbeing.

Free

App Store
Google Play



WellMind is designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing.

Free

App Store
Google Play

If you are looking for Online Support



Promoting resilience and wellbeing in 12-18-year old's through activities

<https://www.biteback.org.au/>



BRAVE-ONLINE is an evidence-based cognitive behavioural therapy (CBT) available online to help children (8-12) and teenagers (13-17) cope with anxiety

<https://www.brave-online.com/>



A website provided by Relationships Australia Victoria with tip sheets, news and useful links to help young people manage problems and issues such as bullying, relationships, stress and mental health, and conflict with parents

<https://www.connectedspace.com.au/>



Online and app-based program to improve wellbeing of young people through mindfulness meditation.

<https://www.smilingmind.com.au/>

MYCOMPASS

Are you feeling the pressures of study, finding a job or starting a career? It has an interactive self-help service that aims to promote resilience and wellbeing for people experiencing mild to moderate stress, anxiety and/or depression

<https://www.mycompass.org.au/YoungAdults>