

Wellbeing Resources

There are a number of Wellbeing resources available in order to provide support over the holiday period. Resources are as follows:

Are you in danger?

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

Phone: 000

Or Go to your nearest hospital emergency department.

If you are looking for online support and counselling for your wellbeing and mental health. You may find the following resources helpful:

Kids Help Line

Phone: 1800 55 1800

Age Group: 5 to 25 years

About: A private and confidential 24/7 phone and online counselling service for young people their family and friends.

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

Chat Online: 24/7



Beyond Blue

Phone: 1300 22 4636

Age Group: All ages

About: 24/7 information and support to help everyone in Australia achieve their best possible mental health, wherever they live.

Link: <https://www.beyondblue.org.au/who-does-it-affect/young-people>

Chat Online: 3PM – Midnight



1800RESPECT

Phone: 1800 737 732

Age Group: All ages

Interpreter: 13 14 50

About: A confidential information, counselling and support service for people impacted by sexual assault, domestic or family violence and abuse.

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

Chat Online: 24/7



Headspace

Age Group: 12 to 25 years

About: A 24/7 online and telephone support and counselling service for young people, their families and friends.

Link: <https://headspace.org.au/online-and-phone-support/>

Chat Online: Group chat 24/7, 1-on-1 chat 9AM - 1AM 7 days.





Suicide Call Back Service

Phone: 1300 659 467

Age Group: All ages

About: A 24/7 nationwide online counselling to people who are affected by suicide, experiencing thoughts of self-harm or suicide.

Link: <https://www.suicidecallbackservice.org.au/phone-and-online-counselling/>

Chat Online & Video: 24/7



Mental Health Line

Phone: 1800 011 511

Age Group: All ages

About: 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.

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

Phone: 24/7



13 Yarn

Phone: 13 92 76

About: Thirteen Yarn is a confidential one-on-one yarning opportunity with a Lifeline-trained Aboriginal & Torres Strait Islander Crisis Supporter who can provide crisis support 24 hours a day, 7 days a week.

Link: <https://www.13yarn.org.au/>

Phone: 24/7

Looking for more information?



Black Dog Institute

About: 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.

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



Reach Out

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

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

Looking for an app?



Calm Harm

About: 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.

Cost: Free

Available: App Store & Google Play



Clear Fear

About: 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.

Cost: Free

Available: App Store & Google Play

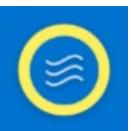


ReachOut Worry Time

About: ReachOut Worry Time 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

Cost: Free

Available: App Store



ReachOut Breathe

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

Cost: Free

Available: App Store



Smiling Mind

About: 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.

Cost: Free

Available: App Store & Google Play