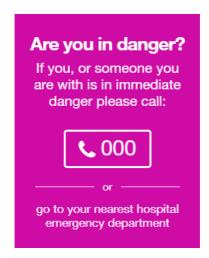
Wellbeing Resources



If you need to talk to someone...

Name	About	Phone	Online
Kids Help Line kidshelpline Anytime lany Reason	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 55 1800 24/7	Webchat 24/7 https://kidshelpline.com.a u/get-help/webchat- counselling
Lifeline Crisis Support. Suicide Prevention.	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 6:00PM - Midnight	Crisis Support Chat 7:00PM – Midnight https://www.lifeline.org.au /get-help/online- services/crisis-chat
Suicide Call Back Service Suicide Call Back Service	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.suicidecallba ckservice.org.au/
Youth Beyond Blue Beyond Blue	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 22 4636 24/7	Chat Online 3:00PM - Midnight https://www.youthbeyond blue.com/

SANE Australia SANE Australia supports Webchat people living with complex 10:00 AM - 10:00 PM 1800 187 263 SANE mental health issues and the 10:00AM - 10:00PM https://www.sane.org/abo people that care about them **AUSTRALIA** ut-sane Headspace eheadspace provides free Group Chat 24/7 online and telephone 1 on 1 Chat support and counselling to N/A 9AM - 1AM headspace young people 12 - 25 and https://headspace.org.au/ their families and friends. eheadspace/ QLife provides anonymous **QLife** and free LGBTI peer support Webchat and referral for people 1800 184 527 3PM – Midnight wanting to talking about 3PM - Midnight https://www.glife.org.au/re sexuality, identity, gender, sources/chat bodies, feelings or relationships Confidential information, 1800RESPECT 1800 737 732 counselling and support Online Chat 24/7 service, open 24 hours to 24/7 https://chat.1800respect.o 1800RESPECT support people impacted by rg.au/#/welcome sexual assault, domestic or Interpreter: 13 14 50 family violence and abuse Carer Line offer emotional **Carers NSW** support, referrals and 1800 242 636 http://www.carersnsw.org. distribute carer specific Carers NSW 9AM – 5PM au/how-weresources and information to Australia Monday - Friday help/support/carer-line/ carers and community members A mental health professional will answer your call about mental **Mental Health** https://www.health.nsw.go health concerns for you or Line 1800 011 511 v.au/mentalhealth/Pages/ someone you are concerned 24/7 Mental Health Line 1800 011 511 Mental-Health-Line.aspx about, including children, teens, adults and older people



Child Protection Helpline

13 21 11

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

If you are looking for an app ...

Name	About	Website
Calm Harm	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
Clear Fear	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 Worry Time	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	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	Smiling Mind is a meditation app. 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	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 seeking additional information...

Name	About	Website
REACH OUT.com	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/
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.blackdoginstit ute.org.au/

If you are looking for online support...

Name	About	Website
The BRAVE Program The ** Brave Program.	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/
Smiling Mind	Online and app-based program to improve wellbeing of young people through mindfulness meditation.	https://www.smilingmind.com.au/