

Here's your personalised support options

Sometimes it's hard to figure out what's going on and what to do about it. Maybe you just want some general support.

What you want to work on:
{issue.Name}

How much it's affecting you:
It's really tough

Recommended Support

ReachOut Forums

{contact.LinkType}

forums.au.reachout.com/

This is the place to chat with other young people about what's on your mind. It's not a counselling service, but somewhere to go where you can read about other people's experiences and talk about what's going on in your life.

What to Expect:

- To post on the forum, you'll need to register for an account and provide your email address, postcode and gender. You can read the forums at any time without logging in
- You can start a thread about what you've been dealing with, to get help and support from other people your age who might have been through something similar
- You can join a discussion with someone who is already talking about similar issues
- If you're not ready to jump in straight away, you can participate in introductions, activities or games to get a feel for the place and get to know everyone
- It's not in real-time, but you'll usually get an answer within a few hours
- The forums are public and will stay on the site, so other people can benefit from your discussions
- You must stay anonymous and not reveal any information that may identify you in your posts

eheadspace Chat

{contact.LinkType}

eheadspace.org.au/log-in/?redirect=/my-account/waiting-room/&v=a

eHeadspace offers support and advice from trained counsellors to help you work through anything that's bothering you.

What to Expect:

- You'll need to register for an account and provide your email address, date of birth and other information
- You don't need to provide your name or phone number if you don't want to
- When you access chat for the first time, you'll need to answer a four-page survey about how you've been feeling lately
- There may be a waiting time. If they're really busy, they may ask to chat with you at another time
- You'll chat in private, with an experienced youth mental health professional
- They'll talk to you about what's on your mind and give you information about what other help is available
- They can tell you how to build new coping skills and may offer ongoing treatment options

Beyond Blue Chat

{contact.LinkType}

www.beyondblue.org.au/get-support/get-immediate-support

Whether you've got something on your mind or things just seem too much, Beyond Blue can help. It's completely anonymous and you'll speak to trained mental health professionals

What to Expect:

- To get started you need to answer a few simple pre chat questions
- Read and accept the chat rules
- Click on the chat icons and wait for the next available counsellor
- All chats are one-on-one. Counsellors may ask you for your name and few general details, but you can let them know if you want to remain anonymous

Lifeline Crisis Chat

{contact.LinkType}

www.lifeline.org.au/Get-Help/Online-Services/crisis-chat

Lifeline Crisis Support Chat can help if you're going through a crisis, feeling overwhelmed or having suicidal thoughts. A professional crisis supporter will

listen to you and support you, or help you find other support services in your area.

What to Expect:

- When you click the chat icon you'll need to complete some pre-survey questions
- You can choose to remain anonymous or provide your name and email address
- You'll be placed in a queue to chat with a trained crisis supporter
- There may be a wait before you're connected
- This is a private, real-time chat
- You won't be able to chat with the same crisis supporter if you need to come back
- Your crisis supporter will listen, provide support and help you understand the options available

eheadspace

{contact.LinkType}

1800 650 890

eheadspace is a safe space and they can help you work through anything that's bothering you.

What to Expect:

- eheadspace workers are experienced youth mental health professionals
- eheadspace can help by giving you information about what help is available and how you can build new coping skills
- Depending on your individual situation, you can be offered different treatment options
- The eheadspace worker will explain the options and what they involve

Beyond Blue

{contact.LinkType}

1300 22 4636

Beyond Blue can point you in the right direction. Available 24/7.

What to Expect:

- Confidential support
- They may ask you for your first name and some general details but you can remain anonymous
- All calls are with a trained mental health professional who can provide support and advice

Lifeline

{contact.LinkType}

13 11 14

Call Lifeline for 24/7 support if you're going through a hard time, feeling overwhelmed or having suicidal thoughts and need help.

What to Expect:

- You can talk to trained crisis supporters, who will listen to your situation and provide immediate support
- They can also help you find other support services in your area
- It's confidential and non-judgemental

Headspace

{contact.LinkType}

headspace.org.au/headspace-centres/

Headspace centres can help you with mental health, physical health (including sexual health), alcohol and other drugs, or work and study issues. Centres are built and designed with input from young people so they don't have the same look or feel as other clinical services.

What to Expect:

- Staff are friendly and will treat you with respect
- They won't judge you and will keep everything confidential
- You won't need a referral. Just drop in, or you can call or email to make an appointment
- There could be a wait of up to 8 weeks for this service depending on your location
- They'll ask you some general questions to make sure you get the right advice for your situation
- Appointments can vary in length but are usually about 50 minutes to an hour
- Bring your Medicare card if you have one
- If you feel nervous you can bring a friend or a family member for support

GP

{contact.LinkType}

www.nhsd.com.au/

You can go to a doctor for any physical or mental health issues. A doctor (GP) can diagnose health problems, as well as recognise symptoms of mental health difficulties you might be experiencing. They can refer you to see a specialist if you need one.

What to Expect:

- At smaller doctors' offices you normally have to make an appointment. You don't have to tell them the problem when you book – just ask to see a doctor
- At medical centres, you may not need an appointment but you'll have to wait between fifteen minutes and an hour to see a GP
- In both cases you will need your Medicare card or number
- After doing an assessment they can provide you with a mental health plan
- For more information about what to expect when seeing a doctor you can go to: <http://au.reachout.com/doctors>

Mindshift

{contact.LinkType}

play.google.com/store/apps/details?id=com.bstro.MindShift&hl=en

{contact.LinkType}

itunes.apple.com/au/app/mindshift/id634684825?mt=8

MindShift is an app designed to help you cope with anxiety. It will help you learn how to relax, develop more helpful ways of thinking and identify steps to take charge of your anxiety.

What to Expect:

ReachOut WorryTime

{contact.LinkType}

play.google.com/store/apps/details?id=air.au.com.reachout.worrytime

{contact.LinkType}

itunes.apple.com/au/app/reachout-RO_WT/id964311176?mt=8

Everyone has worries pop into their head from time to time, but sometimes they won't go away and start to impact your everyday life. ReachOut WorryTime lets you set 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.

What to Expect:

Articles and Self-help

Therapy sessions: Part 1

[link.au.reachout.comhttp://au.reachout.com/therapy-sessions-part-one](http://au.reachout.com/therapy-sessions-part-one)

Have a listen to what going through therapy is like

Therapy sessions: Part 2

[link.au.reachout.comhttp://au.reachout.com/therapy-sessions-part-two](http://au.reachout.com/therapy-sessions-part-two)

Part two of Zac's experiences with cognitive behavioural therapy

All about feeling crap

[link.au.reachout.comhttp://au.reachout.com/all-about-feeling-crap](http://au.reachout.com/all-about-feeling-crap)

Everyone goes through crap moods from time to time. Find out what they mean and how to deal with them.





All about problem solving

[link.au.reachout.comhttp://au.reachout.com/all-about-problem-solving](http://au.reachout.com/all-about-problem-solving)

Problems suck. Find out more about problem solving strategies, and get some tips on what to do if a problem really can't be fixed.



What is coping?

[link.au.reachout.comhttp://au.reachout.com/what-is-coping](http://au.reachout.com/what-is-coping)

Read about coping strategies and why it's important to find effective ways to manage stress.

Stories



Talking about tough times

[link.au.reachout.comhttp://au.reachout.com/talking-about-tough-times](http://au.reachout.com/talking-about-tough-times)

Young people talk about mental health