

# 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 eScape** – 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