

## Life Line

[www.lifeline.org.au](http://www.lifeline.org.au) Ph 13 11 14

Life Line provides people of all ages with a support service to assist when they are experiencing emotional distress.

You can talk to someone on the phone 24/7 or via their online and text service during set times.



## Kids Help Line

[www.kidshelpline.com.au/teens](http://www.kidshelpline.com.au/teens)  
1800 55 1800

Kids Help Line provides people aged between 5-25yrs with information and support.

You can talk with someone on the phone, via email or webchat, 24/7.

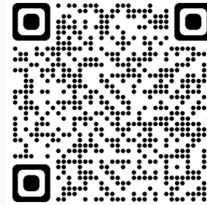


## Bite Back

[www.biteback.org.au](http://www.biteback.org.au)

Bite Back is a 6 week challenge to help improve your mental fitness, increase your happiness, reduce stress, improve your friendships and your focus.

Head to the website or use the QR code to sign up .



## The Brave Program

[www.brave4you.psy.uq.edu.au/teen-program](http://www.brave4you.psy.uq.edu.au/teen-program)

The Brave Program is an online program that provides teenagers with information and skills to help cope with worries and anxiety.

To access the program head to the website or use the QR Code.



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# Mental Health & Wellbeing

Support Services  
and resources  
for students

If you are in an emergency situation or need immediate assistance call 000.  
If you need to talk to someone urgently call Lifeline 13 11 14 or Kids Help Line 1800 55 1800



## Beyond Blue

[www.beyondblue.org.au](http://www.beyondblue.org.au)  
1300 22 4636

Beyond Blue is an online service which provides information to assist young people with their mental health and wellbeing.

Beyond Blue also provides:

- Over the phone support 24/7
- Online chat from 1pm-12 am, 7 days a week
- Support via email
- Online forums where you can talk with others about a range of issues



## Headspace

[www.headspace.org.au](http://www.headspace.org.au)

Headspace is a mental health service for young people between the ages of 12-25yrs. They offer support in 3 main ways.

### 1 Information and resources:

At the Headspace website you can access information and resources on a range of mental health topics for you, or for family and friends.



### 2 Headspace centres:

Headspace centres are places you can go to meet with health professions when you need assistance for a mental health concern. Appointments are free and confidential. Head to headspaces website for information about your nearest centre.



### 3 Online and phone services:

You can chat online, speak on the phone or email a health professional. It's free and confidential.



## Reach Out

[www.reachout.com](http://www.reachout.com)

Reach Out is a site where you can:

- Get information about a range of health and wellbeing topics
- Join a forum where you can talk with others who are experiencing things you are
- Access Tools and Apps to provide you with support

A good place to start is with the “Checking in with yourself” quiz, which helps you identify how you are doing and what support or information you might need. Search on the Reach Out website for the quiz “Checking in with yourself” or use the QR Code.

