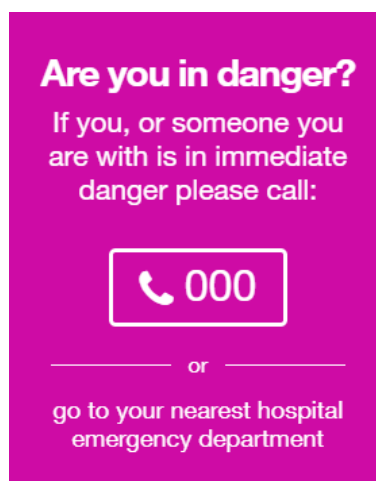












Support Services and Resources When Learning from Home

Below is a list of support services and resources that are available for you to access in the event that you have concerns regarding coping, general mental health and safety while learning from home. Please have a look and use them to support yourself and your friends over the coming weeks.






If you need to talk to someone...




Name	About	Phone	Online
 <p>Kids Help Line</p>	<p>Kids Helpline is a free, private and confidential phone and online counselling service for young people aged 5 to 25.</p>	<p>1800 55 1800 (24/7)</p>	<p>Webchat https://kidshelpline.com.au/get-help/webchat-counselling (24/7)</p>
 <p>Lifeline</p>	<p>For all ages - 24-hour crisis support telephone service. Lifeline provides 24/7 crisis support and suicide prevention services.</p>	<p>CALL: 13 11 14 (24/7) TEXT: 0477 13 11 14 (12pm - midnight)</p>	<p>Crisis Support Chat https://www.lifeline.org.au/crisis-chat/ (7pm - midnight)</p>
 <p>Headspace</p>	<p>eheadspace provides free online and telephone support and counselling to young people aged 12 - 25 and their families and friends.</p>	<p>1800 650 890 (9am - 1am)</p>	<p>Webchat https://headspace.org.au/eheadspace/connect-with-a-clinician/ (9am - 1am)</p>
 <p>Suicide Call Back Service</p>	<p>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</p>	<p>1300 659 467 (all-ages) (24/7)</p>	<p>Online Chat (age 15+) Video Chat (age 18+) https://www.suicidecallbackservice.org.au/ (24/7)</p>

<p>Beyond Blue</p> 	<p>Beyond Blue offers brief support, provides information and advice, and can point you in the right direction so you can get the help you need</p>	<p>1300 22 4636 (24/7)</p>	<p>Chat Online https://www.youthbeyondblue.com/ (1pm - midnight)</p>
<p>1800RESPECT</p> 	<p>Confidential information, counselling and support service, open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse</p>	<p>1800 737 732 (24/7)</p>	<p>Online Chat https://chat.1800respect.org.au/ (24/7)</p>
<p>Mental Health Line</p> 	<p>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</p>	<p>1800 011 511 (24/7)</p>	<p>N/A</p>
<p>QLife</p> 	<p>QLife provides anonymous and free LGBTI peer support and referral for people wanting to talking about sexuality, identity, gender, bodies, feelings or relationships</p>	<p>1800 184 527 (3pm - midnight)</p>	<p>Webchat https://www.qlife.org.au/resources/chat (3pm - midnight)</p>
<p>Carer Gateway</p> 	<p>Caring for a loved one is important work but it can also be stressful at times. The Carer Gateway Counselling Service can help by providing confidential counselling over the phone.</p>	<p>1800 422 737 (M-F, 9am - 5pm)</p>	<p>For more info: https://www.carergateway.gov.au/</p>
<p>Butterfly Foundation</p> 	<p>The Butterfly National Helpline offers free and confidential support for anyone concerned about eating disorders or body image issues.</p>	<p>1800 334 673 (8am - midnight)</p>	<p>Chat Online https://butterfly.org.au/get-support/chat-online/ (8am - midnight)</p>

If you are looking for information about coping during Covid-19...

Name	About	Website
Kids Help Line 	Your guide to everything to do with life during Covid-19, including online learning, managing your mood and staying connected.	https://kidshelpline.com.au/coronavirus
ReachOut 	It's been a stressful time all around the world as we deal with coronavirus (COVID-19) and the uncertainty it brings. ReachOut has are some great resources to help you manage your wellbeing through all this.	https://au.reachout.com/collections/coping-during-coronavirus
Headspace 	How to cope with stress related to Coronavirus	https://headspace.org.au/young-people/how-to-cope-with-stress-related-to-covid-19/

If you are looking for resources or apps to support your wellbeing...

Name	About	Website
Smiling Mind App 	Smiling Mind is a free 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.	Free App Store & Google Play
Bite Back 	Promoting resilience and wellbeing in 12-18-year olds through online activities, including the 6 week Mental Fitness Challenge	https://www.biteback.org.au/
Calm Harm App 	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

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/>

MoodGym



moodgym is an online self-help program designed to help people aged 16 and up prevent and manage symptoms of depression and anxiety. It is like an interactive, online self-help book which teaches skills based on cognitive behaviour therapy.

<https://moodgym.com.au/>

ReachOut Worry Time App



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 & Google Play