

Mental Health Resources

Take care of your mental health!



KidsHelpline

For young people aged 5-25.

Available 24/7

Webchat: kidshelpline.com.au

Call: 1800 55 1800



Lifeline:

24/7 Crisis Support &

Suicide Prevention

Webchat: lifeline.org.au

Call: 13 11 14



QLife:

LGBTIQ+ Counselling &

Referral Line from 3pm-12am

Webchat: qlife.org.au

Call: 1800 184 527

Counselling Services @ SSC

Located off the Library, please see
your Sub-School Leader
Alicia Alpuim (Counsellor)
Ms Kim (Wellbeing Coordinator)
Ms Deboer (Assistant Principal)

Email:
wellbeing@scoresbysc.vic.edu.au

Self Care tips

- Go for a walk
- Call a friend
- Listen to music
- Draw
- Write
- Watch a comfort show/movie
- Eat something that nourishes your body
- Write down 3 things you are grateful for
- Practice mindfulness and grounding
- Write yourself a letter or a letter to a friend/loved one

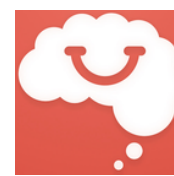


Mental Health apps



Calm Harm

Self Care & Distractions



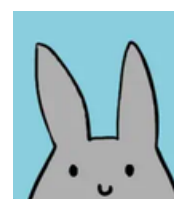
Smiling Mind

Distractions for Anxiety & Mental Health



Finch

Self-care



Study Bunny

Study motivator



Wysa

Mental Health & coping tools

YOU
GOT
THIS!

MORE RESOURCES:

<https://headspace.org.au>

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

<https://butterfly.org.au/>

<https://www.headtohealth.gov.au/>

<https://www.minus18.org.au/>

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

If you are in need of critical support or crisis, call 000 Immediately