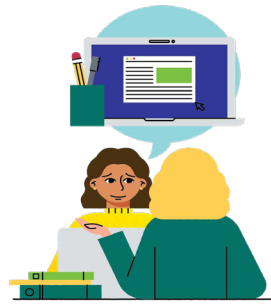


## Work & Study

Free & confidential support delivered online or over the phone for 15-25-year olds. The headspace work & study specialists can assist you with creating a resume, career planning, job searching, interview preparation and exploring education options. They also offer a career mentoring service.

Visit: [headspace.org.au/work-and-study-support](https://headspace.org.au/work-and-study-support)



## Group Chat

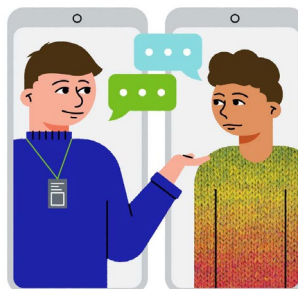
Group chats allow you to connect with other people like you. They are led by headspace mental health professionals hosted 3 times per month on topics where you, or those supporting you such as friends and family, can ask questions and receive information.

Visit: [headspace.org.au/eheadspace/group-chat](https://headspace.org.au/eheadspace/group-chat)

## eheadspace

Online and telephone support. Open 9am – 1am (Melbourne time) 7 days a week for a 1-on-1 chat for both Young People and their families & friends. It is a confidential, free, and safe space to talk about what's going on.

Visit: [headspace.org.au/eheadspace/connect-with-a-clinician](https://headspace.org.au/eheadspace/connect-with-a-clinician)



## Support Chats

### Navigating relationships:

Every Monday 6 pm - 10 pm

### qheadspace:

Every Tuesday 6 pm - 10 pm

### General coping:

Every Wednesday 6pm - 10 pm

### Yarnspace:

Fortnightly Thursdays 6 pm - 10 pm

### Supporting Others:

Fortnightly Thursdays 6 pm - 10 pm

## Community Spaces

A shared area of the headspace website for you to engage with each other about high level topics such as **general coping, qheadspace, yarnspace, navigating relationships, supporting others & climate change.**

Visit: [headspace.org.au/eheadspace/spaces/community](https://headspace.org.au/eheadspace/spaces/community)



## Your Own (Personal) Space

This is your space on the headspace website for you to collect and manage resources to build your own personalised mental health toolkit.

You have complete control of the spaces that you create and the resources you choose to save there.

Visit: [headspace.org.au/eheadspace/spaces/personal/setup](https://headspace.org.au/eheadspace/spaces/personal/setup)

## Information & resources

### Young People

If you are a young person aged between 12-25 and need information relating to general mental health, physical health, work & study, and alcohol and other drugs, this section is designed for you. You can also try our interactive activities here.

Visit: [headspace.org.au/young-people/life-issues](https://headspace.org.au/young-people/life-issues)

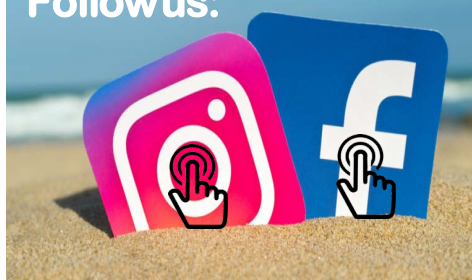
### Friends & Family

Raising sensitive issues and working to resolve problems that arise along the way can be challenging. It can also be hard as a parent to know the difference between normal behaviour, such as moodiness, irritability and withdrawal, and an emerging mental health problem. This section is designed to help you.

Visit: [headspace.org.au/friends-and-family/life-issues](https://headspace.org.au/friends-and-family/life-issues)

Here, you can also find **Yarn Safe**- resources for Aboriginal and Torres Strait Islander Young People.

## Follow us:



## Useful Apps

- ❖ Calm
- ❖ Breakup Shakeup
- ❖ Smiling Mind
- ❖ Happify
- ❖ Treat Ap
- ❖ Remente
- ❖ What's Up?
- ❖ Stop, Breathe & Think
- ❖ Daybreak
- ❖ Pacifica



- ❖ Headspace Inc.
- ❖ Daylio
- ❖ Calm Harm
- ❖ Chats for Life
- ❖ Moodpath
- ❖ PAUSE
- ❖ Self-help for Anxiety Management (SAM)
- ❖ 7 Cups
- ❖ Buddhista

## Interactive Activities

Online bite-sized modules of interactive content that encourage young people, family and friends to actively reflect on their own needs, engage in skill building and set meaningful goals to improve their mental health. There are many different topics available. Click on the links below to try these modules today! Visit : [headspace.org.au/interactive-activities](https://headspace.org.au/interactive-activities)



**staying active can boost your mental health.**

Do you want to learn more?

[get started](#)

[Where did this come from?](#) 30

**having trouble with motivation?**

Do you want to learn more?

[get started](#)

[Where did this come from?](#) 28

**sleep is incredibly important to support your mental health.**

Do you want to learn more?

[get started](#)

[Where did this come from?](#) 33

**understanding emotions is an important part of mental health.**

Do you want to learn more?

[get started](#)

[Where did this come from?](#) 31

**mindfulness can help us cope with the tough times.**

Do you want to learn more?

[get started](#)

[Where did this come from?](#) 20

**we all encounter problems that can sometimes feel overwhelming.**

Do you want to learn more?

[get started](#)

[Where did this come from?](#) 34

## FURTHER INFORMATION AND SUPPORT



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

1800 551 800

Free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25



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

1300 22 46 36

Information on supporting someone with depression or anxiety  
Online chat & phone support



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

1800 729 367

Free specialist helpline providing information, support, and referral to all LGBTIQ+ Victorians, their friends and families.



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

1800 18 72 63

Information on supporting someone experiencing a mental health crisis.  
Online chat & phone support



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

1300 87 99 78

Information and support for men on emotional health, family and relationship concerns.



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

Online mental health organisation for young people and their parents supporting them to get through difficult times



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

1300 33 46 73

For people impacted by eating disorders and body image issues, and for the families, friends and communities who support them.



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

For Information on supporting someone with depression or bipolar disorder.