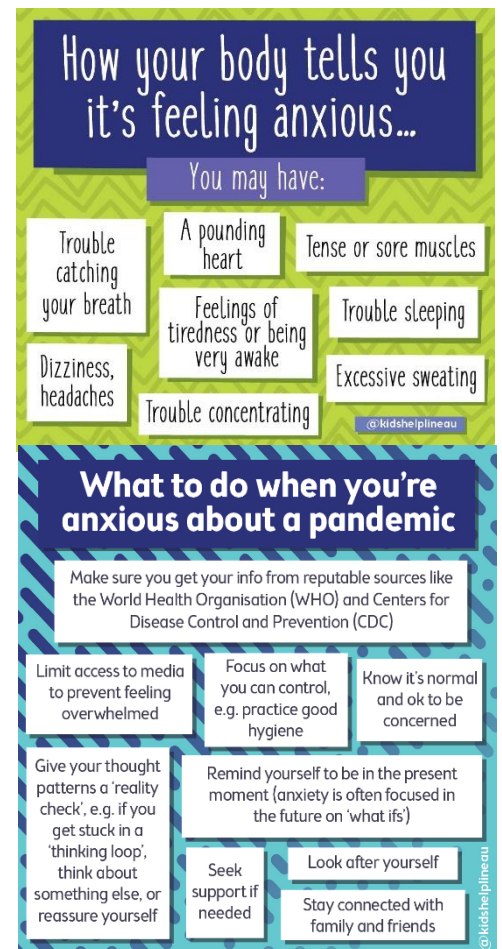


# Further mental health resources, strategies and support services

## Coping strategies to consider when times are tough:

- ✓ Create a **routine** and plan your day around your routine.
- ✓ Do things that make you feel **safe**; **connect** to people who are helpful to your wellbeing.
- ✓ Do things you've done in the past to help manage challenge and stress; reflect on your own **coping strategies** and write them down, put them in a place you can access daily.
- ✓ Engage in activities that promote a sense of **calm** and feeling **grounded**; **mindfulness**, **meditation** or **breathing** exercises.
- ✓ Ensure you are getting enough **sleep** (9 hours), eating a good variety of **healthy foods** each day, plenty of **water** and aiming for at least 30 – 60 minutes of **exercise** a day.
- ✓ Find ways to **relax**, spend 10 minutes a day breathing slowly and calmly or use one of the breathing apps.
- ✓ Learn something new or get **creative**; check YouTube for more ideas. Watch or read something **uplifting**.
- ✓ Limit exposure to information from social media and the news. Source **positive news** pages and uplifting stories instead.
- ✓ Listen to **music**, choose something that makes you feel good and make a playlist.
- ✓ Make a list of **activities** that you can do at home with your family, with siblings or by yourself.
- ✓ Practice **gratitude** and write a list and draw 10 good things in your life and the world. Or you could start a journal and write down 3 things you are grateful each day.
- ✓ **Talk** with a **trusted adult** if it all feels a bit much.



## Free apps to support emotional wellbeing:

<a href="#">1 Giant Mind</a>	<a href="#">Happify</a>	<a href="#">Reach Out</a>	<a href="#">Sanvello</a>
<a href="#">Aura</a>	<a href="#">Headspace</a>	<a href="#">Reach Out Breathe</a>	<a href="#">Sleep Time</a>
<a href="#">Breathr: Mindful Moments</a>	<a href="#">Health Tap</a>	<a href="#">Reach Out Worry Time</a>	<a href="#">Smiling Mind</a>
<a href="#">Calm</a>	<a href="#">Insight timer</a>	<a href="#">Reflectly</a>	<a href="#">Stop, Breathe &amp; Think</a>
<a href="#">Calm Harm</a>	<a href="#">Mental Stillness</a>	<a href="#">Relax Meditation</a>	<a href="#">Super Better</a>
<a href="#">Clear Fear</a>	<a href="#">Mind Cleanse: Sleep Hypnosis</a>	<a href="#">Relax Melodies: Sleep Sounds</a>	<a href="#">Think Ladder</a>
<a href="#">DARE</a>	<a href="#">Mindshift CBT</a>	<a href="#">Rootd – Panic Attack Relief</a>	<a href="#">What's Up</a>
<a href="#">e-Couch</a>	<a href="#">MoodMission</a>	<a href="#">SAM – Self Help for Anxiety Management</a>	<a href="#">Youper</a>

Please have a look at the following resources available from **Headspace** should you require support when not at school.

**e-Headspace** provides free online and telephone (between 9am – 1am) support between and counselling to young people aged 12 – 25, their families and friends.

If you're going through a tough time, e-Headspace can help.

<https://headspace.org.au/eheadspace/>

**Call us: 1800 650 890**

*Calling is the fastest way to connect with a clinician.*

**Chat online:**

<https://headspace.org.au/eheadspace>

*Use our messenger app to chat live with a clinician*



## When should I get help?

If you ever feel unable to cope because of overwhelming or intense emotions, or if you have any thoughts of harming yourself, then ask for help immediately.

### National crisis services:

**Lifeline:** 13 11 14 or chat online from 7am – 12am at [lifeline.org.au](http://lifeline.org.au) or text 0477 131 114 between 6pm – 12am

**Suicide Call Back Service:** 1300 659 467 or [suicidecallbackservice.org.au](http://suicidecallbackservice.org.au)

**Beyond Blue:** 1300 224 636 or [beyondblue.org.au](http://beyondblue.org.au)

### Additional youth support services:

**Kids Helpline:** 1800 55 1800 or [kidshelpline.com.au](http://kidshelpline.com.au)

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

**BRAVE Program:** [brave-online.com](http://brave-online.com)

**SANE Australia:** 1800 187 263 or [sane.org](http://sane.org)

Talk with a trusted adult, such as a parent, teacher, school counsellor or find out if there is a Headspace centre near you, our closest Headspace is in Frankston, details are below:

### Headspace Frankston

62 Playne Street, Frankston, Victoria 3199

Phone: (03) 9769 6419

Fax: (03) 9770 5688

[headspace@headspacefrankston.org.au](mailto:headspace@headspacefrankston.org.au)

Speak to your local doctor or [General Practitioner \(GP\)](#) and help make a plan for your recovery. Or you can search for a health service and GP on [healthdirect](#)

