

For students

Wellbeing support during the school holidays

This guide provides tips to continue looking after your mental health and wellbeing during the school holidays. It includes services to reach out to if you need support.

Actions that support positive mental health

Encourage yourself and other young people to:

- Exercise, it boosts mood and mental health – make it fun!
- Nourish your brain by eating healthily – it will also improve your mood
- Prioritise sleep to support mental and emotional wellbeing
- Explore relaxation techniques and coping strategies
- Stay in touch and catch up with friends and loved ones
- Make time to do things you enjoy
- Practice positive self-talk – and remember you are not alone
- Engage in healthy online habits
- Seek professional help if needed.¹

The department has developed wellbeing activities and conversation starters for parents and carers of [primary school-aged children](#) and [secondary school-aged children](#).

Feeling it: [mindfulness resources and activities for students](#). Smiling Mind gives you tips on looking after yourself, understanding and managing emotions, being mindful, being kind to yourself, navigating uncertainty and preparing for change.

Signs that you or a friend may need mental health support

You may find that these actions are not enough to look after your mental health. Here are some signs you, or a friend, may need some support:

- Loss of interest or involvement in activities normally enjoyed
- Feeling 'low', unusually stressed or worried
- Doing ordinary things gets harder
- Becoming easily irritated or angry
- Taking more dangerous risks, like using alcohol or drugs
- Withdrawal or feeling overwhelmed
- Difficulties with concentration and motivation
- Having a lot of negative thoughts
- Changes in sleep and eating habits.²

¹ headspace – get support <https://headspace.org.au/>

² headspace 'mental health and you' poster <https://headspace.org.au/assets/Uploads/Mental-Health-Posters-mgp.pdf> and headspace – support for young people on eating well and getting enough sleep: <https://headspace.org.au/explore-topics/for-young-people/wellbeing/get-enough-sleep%2Ceat-well/>

Supporting your friends

You and your friends are **most likely to turn to each other for support** before seeking out an adult or service provider. You and your friends can support each other by:

- **contacting 000** if someone needs urgent assistance or is at risk of harming themselves or others
- reaching out to a friend, offering support and letting them know you care
- letting your friend know you may need to tell a trusted adult about your concerns.

Having these types of talks can be hard. Information on how to support a friend is available at:

- [How to help a friend going through a tough time](#)
- [If you or a friend need help with mental health](#)

Mental health resources

- [Mental Health and Wellbeing Toolkit](#) (**Department of Education**) Advice for young people on how to look after your own mental health and wellbeing, supporting a friend, and where to get help.
- [Understanding mental health – fact sheet](#) (**Orygen**)
- [Learn how to handle tough times](#) (**headspace**)
- [Get into life \(to keep your headspace healthy\)](#) (**headspace**)
- [Guide to mental health and wellbeing](#) (**Youth Central**)

Mental health support

- **Contacting 000** for urgent assistance
- **Your local GP** can provide you with additional support
- **headspace Counselling:** Young people aged 12-25 can access counselling services from headspace. During the holidays, you can call your [local headspace centre](#)
- **ehespace:** 1800 650 890 www.headspace.org.au/ehespace
- **Kids Helpline:** 1800 551 800 www.kidshelpline.com.au
- **Lifeline:** 13 11 14 www.lifeline.org.au
- **Beyond Blue:** 1300 224 636 www.beyondblue.org.au
- **Head to Health:** 1800 595 212 <https://www.medicarementalhealth.gov.au/head-to-health-clinics-victoria>
- **Suicide Call Back Service:** 1300 659 467 www.suicidecallbackservice.org.au

Online wellbeing and safety

- [Safe Socials](#) (**Department of Education**)
 - [Fact sheet for secondary students](#)
- [ScrollSafe](#) (**Orygen**)
 - [Guide for teens](#)
 - [TL;DR](#)
 - [Digital wellbeing plan](#)
- [Social media age restrictions](#) (**eSafety Commissioner**)

Self-harm and suicide prevention resources

- [Getting a mental health care plan](#) (**ReachOut**)
- [What you need to know about self-harm](#) (**headspace**)
- [How to help when someone is suicidal](#) (**SANE Australia**)

Family violence support and resources

- **Safe Steps:** 1800 015 188 www.safesteps.org.au
- **1800RESPECT:** 1800 737 732 www.1800respect.org.au
- **What's okay at home:** www.woah.org.au
- [Family violence support](#)