

Youth Mental Health Services



Kids Helpline 1800 55 1800
24/7 phone and online counselling for youth (5-25yrs).



Headspace Knox 9801 6088
Currently providing a combination of in-person, online and phone services to young people (12-25yrs). Headspace Knox has currently changed its operating hours from 11am-5pm Monday to Friday for scheduled appointments.



eHeadspace
Internet webchat, email or phone support for young people (12-25yrs) with a range of issues.



Reachout
Practical tools, support and moderated forums to help youth get through everything from everyday issues to tough times.



The BRAVE Program
Prevention, intervention and treatment of anxiety in young people.



BITE BACK – Black Dog Institute
Free online activities, psychoeducation and positive psychology aiming to promote wellbeing and resilience in young people.



Lifeline 13 11 14
24/7 phone counselling and online crisis support chat available each evening.

Youth Mental Health Wellbeing Apps



Smiling Mind

A website and app teaching mindfulness meditation to young people and adults.



ReachOut Breathe App

A free app (IOS only) to help reduce the physical symptoms of anxiety by slowing down breathing and heart rate and increase feelings of calmness in your body.



Niggle

A free app for youth designed as a self-help toolkit for all things related to mental, social and emotional wellbeing.



BeyondNow

An app and online tool that helps users create a safety plan for when experiencing suicidal thoughts.



Calm Harm

An app and online tool that helps users 'ride the wave' when they feel distressed or having urges to self harm. This app provides tasks and strategies to manage the urge to self harm.