

Where to get support during the Christmas Holidays?

Got a lot going on? No shame in talking it out. One in four young Australians currently has some sort of mental health condition – but the reality is everyone can improve their mental health – why don't you? Growing up isn't that easy, so remember to look after your mental health and keep up those important social connections

Did you know that 1 in 16 young Australians is experiencing depression right now? Did you know that 1 in 6 young Australians is experiencing Anxiety right now?

Do you know where can you look for supports and social connection in the holidays?

<p>Headspace Geelong</p>  <p>National Youth Mental Health Foundation</p>	<p>Target Market</p> <p>12 – 25 year olds</p> <p>Help and support for young people aged 12-25 at centres, online or over the phone for mental health, general health, alcohol and drug and work and study ...</p> <p>www.headspace.org.au/geelong</p>	<p>Key areas of Support</p> <p>Anxiety, depression, drug and alcohol, self-confidence, general health awareness.</p> <ul style="list-style-type: none"> • Mental Health Services • Doctor • Sexual Health • Alcohol and Drugs • Youth Reference Group • Work and Study Services • Youth Programs 	 <p>Call Us! 1800 55 1800</p> <p>We're here to talk 24/7. Every day and night.</p> <p>Email Us</p> <p>Prefer to write? Email us at: counselor@kidshelpline.com.au</p>
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THE FORT

☎ 03 5272 5272

f <https://www.facebook.com/fortgeelong>

t <https://www.geelongaustralia.com.au/commun>

THE FORT IS A YOUTH CENTRE IN THE NORTHERN SUBURBS OF GEELONG.

A free activity-based program provides a safe space for young people to relax, socialise and interact with other young people in the community.

The fOrT offers high quality activities, development and support services for young people in the Northern Suburbs of Geelong and the surrounding areas. Young people can try new activities, develop their skills in a particular area and socialise in a welcoming and friendly environment. Activities for 12 – 25 year olds take place all year round and include regular weekly classes, one-off workshops and long-term projects and events.

WHAT IS GASP?

GASP group please phone 5272 6120 and ask to speak to a GASP project worker. We are available Monday to Friday 9am-5pm.





The GASP project is Geelong's safe and inclusive space for young people aged between 12-25.

We provide a range of services and support to ensure that the strength and diversity of LGBTIQA+ young people are valued, celebrated and affirmed in the Geelong region.

Since 1996, the GASP project has been working to support same-sex attracted, transgender, gender diverse, and intersex young people who live, study, or work in the Geelong region.



Talk it through with us, we'll point you in the right direction

	Call 1300 22 4636 24 hours / 7 days a week
	Chat online 1pm - 12am / 7 days a week
	Email us Get a reply in 24 hours
	Online forums 24 hours / 7 days a week



To get the most relevant information:

- Under 25s, visit ReachOut.com