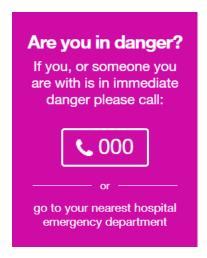
# **Resources for Adolescents During Remote Learning**



#### If you need to talk to someone...

Name	About	Phone	Online
Kids Help Line  kidshelpline Anytime lany Recison	For anyone 25 or under - Kids Helpline is a free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.	1800 55 1800 24/7	Webchat 24/7 https://kidshelpline.com.a u/get-help/webchat- counselling
Lifeline	For all ages - 24-hour crisis support telephone service.	CALL: 13 11 14 24/7	Crisis Support Chat 7:00PM – Midnight
Crisis Support. Suicide Prevention.	Lifeline provides 24/7 crisis  Support and suicide  TEXT: 0477 13111	TEXT: 0477 131114 6:00PM - Midnight	https://www.lifeline.org.au /get-help/online- services/crisis-chat
Suicide Call Back Service Suicide Call Back Service	A nationwide service that provides 24/7 telephone and online counselling to people who are affected by suicide, experiencing thoughts of self-harm or suicide	1300 659 467 24/7	Online Chat 24/7 Video Chat 24/7 https://www.suicidecallba ckservice.org.au/
Youth Beyond Blue  Beyond Blue	Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.	1300 22 4636 24/7	Chat Online 3:00PM - Midnight https://www.youthbeyond blue.com/

#### **SANE Australia** SANE Australia supports Webchat people living with complex 1800 187 263 10:00 AM - 10:00 PM mental health issues and the https://www.sane.org/abo 10:00AM - 10:00PM people that care about them **AUSTRALIA** ut-sane Headspace eheadspace provides free Group Chat 24/7 1 on 1 Chat online and telephone 요공 headspace support and counselling to N/A 9AM - 1AM young people 12 - 25 and https://headspace.org.au/ their families and friends. eheadspace/ QLife provides anonymous **QLife** and free LGBTI peer support Webchat and referral for people 3PM - Midnight 1800 184 527 wanting to talking about 3PM - Midnight https://www.qlife.org.au/re sexuality, identity, gender, sources/chat bodies, feelings or relationships Confidential information, 1800RESPECT 1800 737 732 counselling and support Online Chat 24/7 service, open 24 hours to 24/7 https://chat.1800respect.o 1800RESPECT support people impacted by rg.au/#/welcome sexual assault, domestic or Interpreter: 13 14 50 family violence and abuse Carer Line offer emotional **Carers NSW** support, referrals and 1800 242 636 http://www.carersnsw.org. distribute carer specific 9AM - 5PM au/how-we-**Carers NSW** resources and information to Australia Monday - Friday help/support/carer-line/ carers and community members A mental health professional will answer your call about mental **Mental Health** https://www.health.nsw.go health concerns for you or Line 1800 011 511 v.au/mentalhealth/Pages/ someone you are concerned 24/7 Mental Health Line Mental-Health-Line.aspx about, including children, 1800 011 511 teens, adults and older people



**Child Protection Helpline** 

13 21 11

https://reporter.childstory. nsw.gov.au/s/mrg

## If you are looking for an app...

Name	About	Website
Calm Harm	Calm Harm provides tasks that help you resist or manage the urge to self-harm. You can add your own tasks too and it's completely private and password protected.	Free App Store Google Play
Clear Fear	The fear of threat, or anxiety, is like a strong gust of wind. It drags you in and makes you want to fight it or run away.  Instead, face your fear with the free Clear Fear app and learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.	Free App Store Google Play
ReachOut Worry Time	ReachOut WorryTime interrupts repetitive thinking by setting aside your worries until later, so you don't get caught up in them and can get on with your day. This means you can deal with worries once a day, rather than carrying them around with you 24/7	Free App Store
ReachOut Breathe	ReachOut Breathe helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate with your iPhone	Free App Store
Smiling Mind	Smiling Mind is a meditation app for young people. It has been developed by a team of psychologists and uses mindfulness to boost calmness, contentment and clarity. Mindfulness meditation has been shown to help manage stress, resilience, anxiety, depression and improve general health and wellbeing.	Free App Store Google Play
WellMind	WellMind is designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing.	Free App Store Google Play

## If you are looking for online support...

Name	About	Website
Bite Back  BITE  BACK	Promoting resilience and wellbeing in 12-18-year old's through activities	https://www.biteback.org.au/
The BRAVE Program  The BRAVE PROGRAM.	BRAVE-ONLINE is an evidence- based cognitive behavioural therapy (CBT) available online to help children (8-12) and teenagers (13- 17) cope with anxiety	https://www.brave-online.com/
CONNECTED SPACE	A website provided by Relationships Australia Victoria with tip sheets, news and useful links to help young people manage problems and issues such as bullying, relationships, stress and mental health, and conflict with parents	https://www.connectedspace.com.au /
Smiling Mind	Online and app-based program to improve wellbeing of young people through mindfulness meditation.	https://www.smilingmind.com.au/
MyCompass <b>my</b> Compass	Are you feeling the pressures of study, finding a job or starting a career? It has an interactive self-help service that aims to promote resilience and wellbeing for people experiencing mild to moderate stress, anxiety and/or depression	https://www.mycompass.org.au/You ngAdults

## If you are seeking additional information...

Name	About	Website
REACH OUT.com	Our mission is to deliver innovative e-mental health services that enable young people to take control of their mental health and wellbeing.	https://au.reachout.com/
Black Dog Institute	Primary areas of mental health research and treatment include: depression, bipolar disorder, post-traumatic stress disorder (PTSD), anxiety, workplace mental health, adolescents and young people, suicide prevention, e-mental health, and positive psychology and wellbeing.	https://www.blackdoginstit ute.org.au/