

Supporting Your Wellbeing

Are you in danger?

If you or someone you are with is in immediate danger please

Phone: 000

Or

Go to your nearest hospital emergency department

Looking for online support and counselling for your wellbeing and mental health?

You may find the following resources helpful.

Kids Help Line



Phone: 1800 55 1800

Age Group: 5 to 25 years

About: A private and confidential 24/7 phone and online counselling service for young people their family and friends.

Link: [kidshelpline WebChat Counselling](#)

Chat Online: 24/7

Youth Beyond Blue



Phone: 1300 22 4636

Age Group: All ages

About: 24/7 information and support to help everyone in Australia achieve their best possible mental health, wherever they live.

Link: [Welcome to Youth BeyondBlue](#)

Chat Online: 3PM - Midnight

1800RESPECT

Phone: 1800 737 732

Age Group: All ages

Interpreter: 13 14 50

About: A confidential information, counselling and support service for people impacted by sexual assault, domestic or family violence and abuse.

Link: [1800RESPECT Online Chat](#)

Chat Online: 24/7

headspace

Phone: N/A

Age Group: 12 to 25 years

About: A 24/7 online and telephone support and counselling service for young people, their families and friends.

Link: [Welcome to eheadspace](#)

Chat Online: Group chat 24/7, 1-on-1 chat 9AM - 1AM 7 days.

Suicide Call Back Service



Phone: 1300 659 467
ages

Age Group: All

About: A 24/7 nationwide online counselling to people who are affected by suicide, experiencing thoughts of self-harm or suicide.

Link: [Suicide Call Back Service Online Counselling](#)

Chat Online & Video: 24/7

Mental Health Line



Phone: 1800 011 511

Age Group: All ages

About: A mental health professional will answer your call about mental health concerns for you or someone you are concerned about including children, teens, adults and older people.

Link: [NSW Health Mental Health Line](#)

Phone: 24/7

Looking for more information?

Black Dog Institute



About: 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. Link: [Black Dog Institute home page](#)

Reach Out

About: Our mission is to deliver innovative e-mental health services that enable young people to take control of their mental health and wellbeing.

Link: [Reachout.com home page](#)

Looking for an app?

Calm Harm



About: 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.

Cost: Free

Available: App Store & Google Play

Clear Fear



About: 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.

Cost: Free

Available: App Store & Google Play

ReachOut Worry Time



About: ReachOut Worry Time 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

Cost: Free

Available: App Store

ReachOut Breathe



About: ReachOut Breathe helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate with your iPhone

Cost: Free

Available: App Store

Smiling Mind



About: 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.

Cost: Free

Available: App Store & Google Play