



## Wellbeing Supports for Secondary Students

### Headspace

A free, accessible and non-judgemental service for people aged 12 to 25. Find information and resources and find out where you can visit a Headspace Centre.

### eheadspace

Don't want to visit Headspace in person? Access online or phone support at eheadspace. Here you can talk 1-on-1 with an eheadspace clinician via an online chat, email or over the phone. 1800 650 890 or [www.eheadspace.org.au](http://www.eheadspace.org.au)

### Kids Helpline

Information on a wide variety of topics. Check out their site. Also has webchat open 24/7 (see website for link) and email counselling [counsellor@kidshelpline.com.au](mailto:counsellor@kidshelpline.com.au)

### Kids Helpline Apps

For access and information on a large range of free mental health and wellbeing Apps go to the Kids Helpline for reviews and links.

### Youth Beyond Blue

Lots of information for you and about supporting others. 24-hour phone chat with clinician 1300 224 636 or chat online (3pm till 12am).

### The BRAVE Program

An online tool that provides teenagers with information and skills to help cope with worries and anxiety.

### **Your Local GP**

Attend your local GP to develop a Mental Health Care Plan to access psychologist support.

### SPECIAL REPORT: Coronavirus

Dr Michael Carr-Gregg developed this video for parents and school staff.

### SPECIAL REPORT: Wellbeing Checklist for Primary

Dr Michael Carr-Gregg's video report from SchoolTV's coronavirus series

### SPECIAL REPORT: Wellbeing Checklist for Secondary

Dr Michael Carr-Gregg's video report from SchoolTV's coronavirus series.

**If your life or someone else's is in danger dial: 000**