







HELPFUL WEBSITES



SERVICE	CONTACT	DESCRIPTION
	<p>Phone: 1800 650 890 Website: https://headspace.org.au/eheadspace/</p>	<p>eHeadspace online and telephone service supports young people and their families going through a tough time. It is a confidential, free and secure space where young people 12-25, or their family, can chat, email or speak on the phone with a qualified youth mental health professional</p>
	<p>Website: https://au.reachout.com/</p>	<p>Going through a tough time? You're not alone and there are support options. ReachOut has information, discussion boards, tools and apps, to assist you with a range of issues. The NextStep program is a series of interactive questions that can help you find the best support options for you, faster.</p>
	<p>Phone: 1300 22 4636 (24/7) Chat Online: 3pm—12am Website: https://www.beyondblue.org.au/</p>	<p>Stress, anxiety and feeling down can affect anyone, and in fact happens to a lot of us at some point in our lives. We will have good days and bad days. However, if you're feeling sad, down or anxious and these feelings have started to affect what you would normally enjoy or do, then it's important to find out what's going on and what you do about it.</p> <p>Youth BeyondBlue has videos, quizzes, information, online programs, phone support, online chat, a link to the Check In app, to assist you.</p> <p>Grief and Loss: Some people may not identify their experience as traumatic but they may see it as an event that has caused significant shock, grief and loss. This contextualises grief as much about the loss of someone's way of life, that's been interrupted by an adverse or tragic event, as much as it does a direct experience.</p> <p>Website: https://www.beyondblue.org.au/the-facts/grief-and-loss Factsheet: https://resources.beyondblue.org.au/prism/file?token=BL/0390</p>
	<p>Phone: 1800 55 1800 (24/7) Chat Online: 8am—12am Website: https://kidshelpline.com.au/</p>	<p>Kids Helpline is Australia's only free, private and confidential 24/7 phone and online counselling service for young people aged 5-25. It provides information peer support groups, phone support, email support, and online chat.</p>

SERVICE	CONTACT	DESCRIPTION
 <p>1800RESPECT NATIONAL SEXUAL ASSAULT, DOMESTIC FAMILY VIOLENCE COUNSELLING SERVICE</p>	<p>Phone: 1800 737 732 (24/7) Chat Online: 24/7 Website: https://www.1800respect.org.au/</p>	<p>1800RESPECT National Sexual Assault, Domestic Family Violence Counseling Service provides confidential information, counselling and support service. It is open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse.</p>
 <p>Phoenix AUSTRALIA</p>	<p>Website: https://www.phoenixaustralia.org/</p>	<p>Phoenix Australia have a generous supply of resources for children, adolescents, parents and communities. Phoenix Australia promote recovery for the 15 million Australians affected by trauma. They do this by working with individuals, organisations and the community to understand, prevent, and recovery from the potential adverse effects of trauma.</p> <p>What is trauma?: https://www.phoenixaustralia.org/wp-content/uploads/2015/03/Phoenix-What-is-Trauma.pdf</p>
<p>Emerging Minds.</p>	<p>Website: https://emergingminds.com.au/</p>	<p>Emerging Minds are dedicated to advancing the mental health and emotional wellbeing of Australian infants, children, adolescents and their families. Emerging Minds provides interventions, training, programs and resources.</p> <p>Community Trauma Toolkit: https://emergingminds.com.au/resources/toolkits/community-trauma-toolkit/</p>

Remember:

- There are many websites out there that may not be helpful. Please consider whether certain websites are helpful for you or your loved one, and monitor as appropriate.
- As with all internet use, please consider your internet plan and usage charges.
- Please note that 1300 numbers, and 1800 numbers from mobile phones may incur a charge.
- These websites may be beneficial to assist with your wellbeing, and can be used in conjunction with personal strategies to cope with life's stressors. However, please seek professional assistance as needed (from a General Practitioner or Counsellor)
- In the event of immediate risk of harm to yourself or others, please visit your local hospital or call emergency services (**000**)