

SUPPORT SERVICES

Youth Beyond Blue - 1300 224 636

<http://www.youthbeyondblue.com/>

You can phone and speak to a Counsellor or alternatively chat online or email. Youth Beyond Blue also offer the Brave Program <https://brave4you.psy.uq.edu.au/>

Download the Youth Beyond Blue 'The Check-In' App for the iTunes App Store (it's free)

eHeadspace - 1800 650 890

<https://www.eheadspace.org.au/>

Email or on-line chat with Counsellors

Youth Focus - 6266 4333

<http://youthfocus.com.au/>

Youth Focus works with young people aged 12-25 to help them overcome issues associated with depression, anxiety, self-harm and suicidal thoughts through the provision of free, unlimited and professional face-to-face individual and family counselling and other mental health services. If you are a young person seeking support for any of these issues or if you know of someone who may need some help please call Youth Focus on 6266 4333.

Reachout

<http://au.reachout.com/>

Their Apps & Tools section is great and offers lots of great resources that you can download onto your phone. They also have an online Forum.

The Butterfly Foundation - 1800 33 4673

<https://thebutterflyfoundation.org.au/>

Supporting Australians in the prevention & treatment of eating disorders & body image issues.

Mindspot

<http://www.mindspot.org.au/>

The MindSpot Clinic is a free telephone and online service for Australian adults/youth troubled by symptoms of anxiety or depression. They provide free Online Screening Assessments to help you learn about your symptoms, free Treatment Courses to help you to recover, or help to find local services that can help.

E-therapies

You can visit the Australian Government's www.mindhealthconnect.org.au website to find a library of online programs.

e-couch

ecouch.anu.edu.au

provides self-help modules for depression, general anxiety and social anxiety using strategies drawn from cognitive behavioural and interpersonal therapies, relaxation, and physical activity. e-couch also includes modules for separation and divorce, and loss and bereavement.

MoodGYM

moodgym.anu.edu.au

is an interactive self-help program for preventing and coping with depression and anxiety. MoodGYM teaches self-help skills drawn from cognitive behavior therapy.

Bluepages

bluepages.anu.edu.au

provides information about treatments for depression based on the latest scientific evidence, as well as symptom quizzes and relaxation downloads, and links to other helpful resources.

APPS

Moody Me

iPhone – Free

Your mood is subject to many factors. With the Moody Me app, you can keep better track of the things that make you happy and sad. You can log your mood and note what might have caused you to feel a certain way at any time. If your feelings are affected by medications, that information can be helpful in managing your treatment. If there are certain things you see around you that make you happy, take a photo and retrieve it whenever you need a little mood boost. After you note your moods, you can use the Moody Me app to produce a colorful chart of your moods and look back to see how they changed throughout the last few months.

Smiling Mind

iPhone – Free

The blues can affect people of all ages. But, the Smiling Mind app is specifically targeted at young people overwhelmed by stress, anxiety, or depression. Developed by psychologists with special training in adolescent therapy, the app helps teach young people about mindfulness meditation. New features include daily meditations geared for specific age groups. You can keep track of how many minutes you've meditated and do a short self-check after each meditation to see if you feel more optimistic and more in-tune. If you've never meditated before, the guided meditations featured provide a good start.

Moodkit

iPhone – \$4.99

As its name implies, Moodkit contains a set of tools to help you brighten your mood and improve your outlook. The app not only helps you change your outlook, it assists you in taking positive steps in your life. Moodkit lets you easily track your mood, and it helps you become more self-aware. You can use its journal features to easily record your feelings. And, other features help you better manage the thoughts, fears, and feelings that cause you stress or anxiety.

OTHER SUPPORT AVAILABLE

000 (emergency)

Rural Link: 1800 552 002 (24 hours)

Mental Health Emergency Response Line: 1300 555 788

www.mentalhealth.wa.gov.au

Suicide Call Back Line: 1300 659 467

www.suicidecallbackservice.org.au

Lifeline: 13 11 14 (24 hours)

www.lifelinewa.org.au

Kids Helpline: 1800 551 800 (24 hours)

Samaritans Crisis Line: (08) 9381 5555

www.thesamaritans.org.au

Crisis Care: (08) 9223 1111

Mensline: 1300 789 978 (24 hours)

www.mensline.org.au

Alcohol & Drug Information Service (ADIS): 1800 198 024

<https://www.mhc.wa.gov.au/>

Parent Drug Information Service: 1800 653 203

Women's Domestic Violence Helpline: 1800 007 339

Men's Domestic Violence Helpline: 1800 000 599

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Northam: (08) 9621 1055 Merredin: (08) 9041 3807

Narrogin: (08) 9881 1999

Freecall: 1800 447 172

Wheatbelt Mental Health Service

Northam: (08) 9621 0999

Narrogin: (08) 9881 0700

