

Useful websites & 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.

They also offer an eCounselling service in the Wheatbelt.

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Kids Helpline – 1800 55 1800

<https://kidshelpline.com.au>

Kids Helpline is a free, private and confidential 24/7 phone and online counselling service for 5 to 25 year olds.

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.

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.

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Bite Back

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

An ever-changing space where young people can discover ways to amplify the good stuff in life, share real and personal stories with others, check out videos, blogs and interviews of interesting people, check and track their mental fitness, and get their teeth stuck in to a bunch of activities. Bite Back is an initiative of [Black Dog Institute](#).

itsallright - 1800 18 7263

<http://www.copmi.net.au/kids-young-people>

Dealing with a mental health condition in a family can be hard. Read or listen to fact sheets, podcasts and the diaries of four teenagers, based on real stories, for clear facts and information. itsallright is an initiative of [SANE Australia](#).

MoodGYM

<https://moodgym.com.au>

This free, fun, interactive program helps young people identify and overcome problem emotions and show how to develop good coping skills for the future.

Student Wellbeing Hub

<https://studentwellbeinghub.edu.au>

This is a space for educators, parents and students to build safe, inclusive and connected school communities that promote wellbeing and learning.

Other useful websites:

- Lifeline www.lifeline.org.au
- Suicide Call Back Service www.suicidecallbackservice.org.au
- Beyond Blue www.beyondblue.org.au
- Head to Health www.headtohealth.gov.au
- Black Dog Institute www.blackdoginstitute.org.au
- Life in Mind www.lifeinmindaustralia.com.au
- Sane www.sane.org
- Mensline Australia www.mensline.org.au
- Think! Mental Health www.thinkmentalhealthwa.com.au
- 1800 RESPECT www.1800respect.org.au
- Headspace www.headspace.org.au

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