







EXTERNAL SUPPORT RESOURCES

Counselling Support – Help Lines

<p><u>Lifeline</u> A 24 hour crisis support and suicide prevention service. Ph: 13 11 14 www.lifeline.org.au/get-help</p>	
<p><u>Kids Helpline</u> A 24/7 FREE (even for mobiles), private and confidential telephone and online counselling service for young people (5-25 years). Ph: 1800 55 1800 www.kidshelpline.com.au Web Chat: Kids Helpline Webchat Counselling</p>	
<p><u>Youth Beyond Blue</u> Young people (12-25 years) can call or chat online with trained mental health professionals 7 days a week. Ph: 1300 224 636 www.youthbeyondblue.com Web Chat: YouthBeyondBlueChatOnline</p>	
<p><u>Suicide Call Back Service</u> Free nationwide professional 24/7 telephone and online counselling service for anyone affected by suicide. Ph: 1300 659 467 www.suicidecallbackservice.org.au</p>	
<p><u>Headspace</u> Provides support relating to general mental and physical health, alcohol and other drugs, and work & study to young people (12-25 years). Nearest Centre: 1/27 Evans Street, Maroochydore Ph: 5409 4900 www.headspace.org.au</p>	
<p><u>Eheadspace</u> Free online and telephone support and counselling for your people (12-25 years) and their families and friends. Ph: 1800 650 890 www.headspace.org.au/eheadspace</p>	

Useful Programs & Websites

<p><u>Head to Health</u></p> <p>A website that links Australians to online and phone mental health services, information and resources.</p> <p>www.headtohealth.gov.au</p>	
<p><u>Bullying. No Way!</u></p> <p>Provides online information on what to do if you are being bullied, been called a bully or know someone who is being bullied.</p> <p>www.bullyingnoway.gov.au</p>	
<p><u>Black Dog Institute</u></p> <p>Website has been designed to assist anyone seeking help or information about mental health and wellbeing.</p> <p>www.blackdoginstitute.org.au</p>	
<p><u>The BRAVE Program</u></p> <p>BRAVE is a free online self-help program for prevention, intervention and treatment of anxiety in young children (8- 12 years), teens (12-17 years), and parent components.</p> <p>www.brave-online.com</p>	
<p><u>Bite Back</u></p> <p>An online interactive mental health space to learn how to amplify the good stuff in life!</p> <p>www.biteback.org.au</p>	
<p><u>MoodGYM</u></p> <p>An online program teaching cognitive behaviour therapy skills to manage symptoms of depression and anxiety.</p> <p>www.moodgym.com.au</p>	
<p><u>Smiling Mind</u></p> <p>An online and app-based program to improve wellbeing of young people through mindfulness meditation. Provides age-specific content for 7- 11, 12- 15, and 16-22 years.</p> <p>www.smilingmind.com.au</p>	
<p><u>ReachOut</u></p> <p>Provides practical tools and support to help young people (under 25) get through everyday issues to tough times. Includes toolbox of apps.</p> <p>www.reachout.com</p>	

APPS

Niggle

An app that helps young people track their wellbeing. A take home, self-help toolkit for all things related to mental, social and emotional wellbeing.

<https://apps.apple.com/au/app/niggle-by-kids-helpline/id1440036153>

<https://play.google.com/store/apps/details?id=au.edu.qut.khl.niggle&hl=en>



niggle

The Check-in

An app to help young people take the fear out of having a conversation with a friend who might be struggling.

<https://apps.apple.com/au/app/youthbeyondblue-the-check-in/id881323078>

<https://play.google.com/store/apps/details?id=au.com.beyondblue.checkin>



MoodMission

An app based on cognitive behavioural therapy designed to help individuals overcome low moods and anxiety by discovering new and better ways of coping.

<https://apps.apple.com/au/app/moodmission/id1140332763>

<https://play.google.com/store/apps/details?id=com.moodmission.moodmissiona>

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ReachOut Breathe App

An app to help reduce the physical symptoms of stress and anxiety by slowing down your heart rate with your mobile phone or Apple watch.

<https://apps.apple.com/au/app/reachout-breathe/id985891649>

