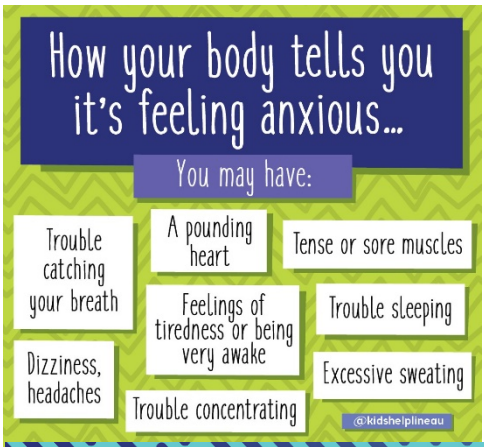
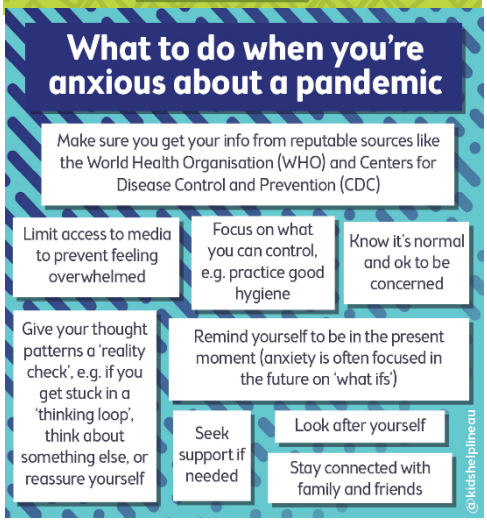
Further mental health resources, strategies and support services

Coping strategies to consider when times are tough:

- ✓ Create a routine and plan your day around your routine.
- ✓ Do things that make you feel safe; connect to people who are helpful to your wellbeing.
- ✓ Do things you've done in the past to help manage challenge and stress; reflect on your own coping strategies and write them down, put them in a place you can access daily.
- ✓ Engage in activities that promote a sense of calm and feeling grounded; mindfulness, meditation or breathing exercises.
- ✓ Ensure you are getting enough sleep (9 hours), eating a good variety of healthy foods each day, plenty of water and aiming for at least 30 – 60 minutes of exercise a day.
- ✓ Find ways to relax, spend 10 minutes a day breathing slowly and calmly or use one of the breathing apps.
- ✓ Learn something new or get creative; check YouTube for more ideas. Watch or read something uplifting.
- ✓ Limit exposure to information from social media and the news. Source positive news pages and uplifting stories instead.
- ✓ Listen to music, choose something that makes you feel good and make a playlist.





- ✓ Make a list of activities that you can do at home with your family, with siblings or by yourself.
- ✓ Practice gratitude and write a list and draw 10 good things in your life and the world. Or you could start a journal and write down 3 things you are grateful each day.
- ✓ Talk with a trusted adult if it all feels a bit much.

Free apps to support emotional wellbeing:

1 Giant Mind	Happify	Reach Out	Sanvello
Aura	Headspace	Reach Out Breathe	Sleep Time
Breathr: Mindful Moments	Health Tap	Reach Out Worry Time	Smiling Mind
Calm	Insight timer	Reflectly	Stop, Breathe & Think
Calm Harm	Mental Stillness	Relax Meditation	Super Better
Clear Fear	Mind Cleanse: Sleep Hypnosis	Relax Melodies: Sleep Sounds	Think Ladder
DARE	Mindshift CBT	Rootd – Panic Attack Relief	What's Up
e-Couch	MoodMission	SAM – Self Help for Anxiety Management	Youper

Please have a look at the following resources available from Headspace should you require support when not at school.

e-Headspace provides free online and telephone (between 9am – 1am) support between and counselling to young people aged 12 – 25, their families and friends.

If you're going through a tough time, e-Headspace can help.
https://headspace.org.au/eheadspace/

Call us: 1800 650 890
Calling is the fastest way to connect with a clinician.

Chat online:
https://headspace.org.au/eheadspace

Use our messenger app to chat live with a clinician

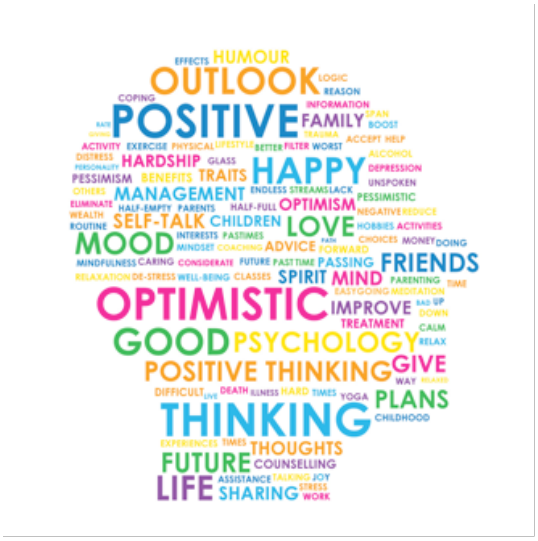
When should I get help?

If you ever feel unable to cope because of overwhelming or intense emotions, or if you have any thoughts of harming yourself, then ask for help immediately.

National crisis services:
Lifeline: 13 11 14 or chat online from 7am – 12am at lifeline.org.au or text 0477 131 114 between 6pm – 12am
Suicide Call Back Service: 1300 659 467 or suicidecallbackservice.org.au
Beyond Blue: 1300 224 636 or beyondblue.org.au

Additional youth support services:
Kids Helpline: 1800 55 1800 or kidshelpline.com.au
ReachOut: reachout.com.au
BRAVE Program: brave-online.com
SANE Australia: 1800 187 263 or sane.org

Talk with a trusted adult, such as a parent, teacher, school counsellor or find out if there is a Headspace centre near you, our closest Headspace is in Frankston, details are below:



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headspace@headspacefrankston.org.au

Speak to your local doctor or General Practitioner (GP) and help make a plan for your recovery. Or you can search for a health service and GP on healthdirect