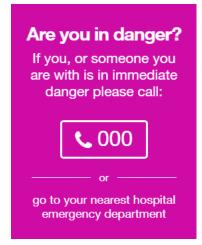


# **Seven Hills High School**

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# **Resources for Adolsecents and Families During Remote Learning**



#### If you or your child needs to talk to someone...

Name	About	Phone	Online
Kids Help Line	For anyone 25 or under - Kids Helpline is a free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.	1800 55 1800 24/7	Webchat 24/7 https://kidshelpline.com. au/get-help/webchat- counselling
Lifeline Crisis Support. Suicide Prevention.	For all ages - 24-hour crisis support telephone service. Lifeline provides 24/7 crisis support and suicide prevention services.	CALL: 13 11 14 24/7 TEXT: 0477 131114 6:00PM - Midnight	Crisis Support Chat 7:00PM – Midnight https://www.lifeline.org. au/get-help/online- services/crisis-chat
Suicide Call Back Service Suicide Call Back Service	A nationwide service that provides 24/7 telephone and online counselling to people who are affected by suicide, experiencing thoughts of self-harm or suicide	1300 659 467 24/7	Online Chat 24/7 Video Chat 24/7 <u>https://www.suicidecallb</u> <u>ackservice.org.au/</u>

Youth Beyond Blue Beyond Blue	Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.	1300 22 4636 24/7	Chat Online 3:00PM - Midnight <u>https://www.youthbeyon</u> <u>dblue.com/</u>
SANE Australia	SANE Australia supports people living with complex mental health issues and the people that care about them	1800 187 263 10:00AM – 10:00PM	Webchat 10:00 AM – 10:00 PM <u>https://www.sane.org/a</u> <u>bout-sane</u>
Headspace	eheadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends.	N/A	Group Chat 24/7 1 on 1 Chat 9AM - 1AM <u>https://headspace.org.a</u> <u>u/eheadspace/</u>
QLife	QLife provides anonymous and free LGBTI peer support and referral for people wanting to talking about sexuality, identity, gender, bodies, feelings or relationships	1800 184 527 3PM - Midnight	Webchat 3PM – Midnight <u>https://www.qlife.org.au/</u> <u>resources/chat</u>
1800RESPECT 1800RESPECT	Confidential information, counselling and support service, open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse	1800 737 732 24/7 Interpreter: 13 14 50	Online Chat 24/7 https://chat.1800respect .org.au/#/welcome
Carers NSW	Carer Line offer emotional support, referrals and distribute carer specific resources and information to carers and community members	1800 242 636 9AM – 5PM Monday - Friday	http://www.carersnsw.or g.au/how-we- help/support/carer-line/

Mental Health Line Mental Health Line 1800 011 511	A mental health professional will answer your call about mental health concerns for you or someone you are concerned about, including children, teens, adults and older people	1800 011 511 24/7	<u>https://www.health.nsw.</u> gov.au/mentalhealth/Pa ges/Mental-Health- Line.aspx
GOVERNMENT	Child Protection Helpline	13 21 11	<u>https://reporter.childstor</u> y.nsw.gov.au/s/mrg

### If you are looking for an app to support you or your child...

Name	About	Website
Calm Harm	Calm Harm provides tasks that help you resist or manage the urge to self-harm. You can	Free
Ľ	add your own tasks too and it's completely private and password protected.	App Store Google Play
Clear Fear	The fear of threat, or anxiety, is like a strong gust of wind. It drags you in and makes you want to fight it or run away. Instead, face your fear with the free Clear Fear app and learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.	Free App Store Google Play
ReachOut Worry Time	ReachOut WorryTime interrupts repetitive thinking by setting aside your worries until later, so you don't get caught up in them and can get on with your day. This means you can deal with worries once a day, rather than carrying them around with you 24/7	Free App Store
ReachOut Breathe	ReachOut Breathe helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate with your iPhone	Free App Store

Smiling Mind	Smiling Mind is a meditation app for young people. It has been developed by a team of psychologists and uses mindfulness to boost calmness, contentment and clarity. Mindfulness meditation has been shown to help manage stress, resilience, anxiety, depression and improve general health and wellbeing.	Free App Store Google Play
WellMind	WellMind is designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing.	Free App Store Google Play

## If you are seeking additional information...

Name	About	Website
ReachOut REACH OUT.com	Our mission is to deliver innovative e-mental health services that enable young people to take control of their mental health and wellbeing.	<u>https://au.reachout.com</u> <u>/</u>
Black Dog Institute	Primary areas of mental health research and treatment include: depression, bipolar disorder, post-traumatic stress disorder (PTSD), anxiety, workplace mental health, adolescents and young people, suicide prevention, e-mental health, and positive psychology and wellbeing.	<u>https://www.blackdoginst</u> itute.org.au/

#### If you are looking for online support...

About	Website
Promoting resilience and wellbeing in 12-18-year old's through activities	https://www.biteback.org.au/
	Promoting resilience and wellbeing in 12-18-year old's

The BRAVE Program	BRAVE-ONLINE is an evidence- based cognitive behavioural therapy (CBT) available online to help children (8-12) and teenagers (13-17) cope with anxiety	https://www.brave-online.com/
	A website provided by Relationships Australia Victoria with tip sheets, news and useful links to help young people manage problems and issues such as bullying, relationships, stress and mental health, and conflict with parents	https://www.connectedspace.com .au/
Smiling Mind	Online and app-based program to improve wellbeing of young people through mindfulness meditation.	https://www.smilingmind.com.au/
MyCompass <b>my</b> Compass	Are you feeling the pressures of study, finding a job or starting a career? It has an interactive self- help service that aims to promote resilience and wellbeing for people experiencing mild to moderate stress, anxiety and/or depression	https://www.mycompass.org.au/Y oungAdults