






Brisbane State High School

Online and Phone Support Services











Student information

Mental health and crisis assistance for young people

Key




	<p>Immediate crisis support If it is life threatening call 000</p>
	<p>Counselling or ongoing support</p>
	<p>Mindful and proactive</p>

Online and Phone Support Services

 	<p>Headspace Provides face to face support to young people aged 12 to 25 who are going through a tough time, including anxiety, depression, bullying and body image.</p> <p>Website features articles about these topics and hints/tips on what young people can do.</p> <p>www.headspace.org.au</p>	
 	<p>eHeadspace Internet chat, email or phone support for young people (12 – 25 years) with a range of issues.</p> <p>Call the helpline on 1800 650 890 https://headspace.org.au/eheadspace/</p>	
  	<p>Kids Helpline A free, private and confidential telephone and online counselling service specifically for young people between five and 25. Free even from mobiles!</p> <p>https://kidshelpline.com.au/</p> <p>https://kidshelpline.com.au/get-help/webchat-counselling</p>	 <p>Click to start a live WebChat</p> <p>FOR KIDS (5-12) FOR TEENS (13-25)</p> <p>Free, confidential counselling and support. 24 hours a day, seven days a week, for ages 5-25. FREECALL 1800 55 1800.</p>

  	<p>Lifeline 13 11 14</p> <p>For urgent assistance call Lifeline, which is a 24-hour telephone counselling service.</p> <p>Also available online chat and information factsheets via website.</p> <p>www.lifeline.org.au</p>	
  	<p>Beyond Blue youthbeyondblue Support Service</p> <p>Call or chat online with a trained mental health professional. We'll be there to listen, offer support and point you in the right direction.</p> <p>1300 224 636 www.youthbeyondblue.com</p>	
	<p>Butterfly Foundation</p> <p>Represents all people affected by eating disorders and negative body image, including friends and family. Has a range of resources including a support line.</p> <p>1800 334 673 https://thebutterflyfoundation.org.au</p>	
	<p>QLife</p> <p>QLife provides anonymous and free LGBTI peer support and referral for people in Australia wanting to talk about sexuality, identity, gender, bodies, feelings or relationships.</p> <p>The QLife family includes hundreds of highly experienced LGBTIQ+ staff and volunteers Australia-wide. If you're looking to connect with someone to explore what's going on in your life, we're here to take your call or webchat.</p> <p>https://qlife.org.au 1800 184 527</p>	

	<p>Esafty – Young People Useful information to help you stay safe online. Cyberbullying, spending too much time online, online gaming, others creating drama online, banter vs bullying, trolling, protecting your identity online.</p> <p>www.esafety.gov.au/young-people</p>	
	<p>Reachout An online youth mental health service that helps young people with information, support and stories on everything from finding motivation to getting through tough times.</p> <p>https://au.reachout.com</p>	
	<p>Black Dog Creating a mentally healthier world: The Black Dog Institute website has been designed to assist anyone seeking help or information about mental health and wellbeing.</p> <p>www.blackdoginstitute.org.au</p>	
	<p>Bite Back Check out videos, blogs and interviews of interesting people, check and track your mental fitness, and get your teeth stuck into a bunch of activities.</p> <p>www.biteback.org.au</p>	
	<p>Smiling Mind Research has shown that regular mindfulness practice can help you feel calmer and more positive, as well as giving you more energy, clarity and focus. Smiling Mind guides you through simple meditation exercises to get you started on your mindfulness journey. Colourful and warm, the app uses engaging illustrations and short meditation sessions to train you to become more aware of your breath and your senses, so you can bring mindfulness into your everyday routine.</p> <p>Students have this on their iPad as a core app from BSHS.</p>	

	<p>Ecouch</p> <p>Interactive self-help program with modules for depression, generalised anxiety and worry, social anxiety, relationship breakdown, and loss and grief.</p> <p>https://ecouch.anu.edu.au/welcome</p>	
	<p>Bullying. No Way! (for teens)</p> <p>Provides information on what to do if you are being bullied, been called a bully or know someone who is being bullied.</p> <p>https://bullyingnoway.gov.au/</p>	