






Brisbane State High School

Online and Phone Support Services











Parent information

Mental health and crisis assistance for young people and families

Key

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













For Young People

  	<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/ https://kidshelpline.com.au/get-help/webchat-counselling</p>	 <p>KidsHelpline 1800 55 1800</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>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>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>1300 224 636 24 hours a day seven days a week online chat 4pm–10pm (AEST) seven days a week</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>Esafety – Young People</p> <p>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</p> <p>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 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) 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>	

For parents

  	<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>Parentline 1300 30 1300</p> <p>Parentline is a confidential telephone service providing professional counselling and support in Queensland and the Northern Territory.</p> <p>Our phones are open every day from 8am – 10pm, while WebChat is available every day from 8am – 9pm.</p> <p>Also available factsheets and helpful tips online.</p> <p>https://parentline.com.au</p>	
	<p>Relationships Australia</p> <p>A leading provider of relationship support services for individuals, families and communities. We aim to support all people in Australia to achieve positive and respectful relationships</p> <p>1300 364 277 Mon – Fri 8am – 8pm / Sat 10am – 4pm</p> <p>www.relationships.org.au</p>	
	<p>SchoolTV.me</p> <p>Today's parents face a multitude of modern day challenges in raising happy, well and resilient young people. Whilst there is a great deal of information available, this can often be confusing and overwhelming for parents looking for guidance.</p> <p>SchoolTV addresses this as a new online resource designed to empower you as parents with credible and sound information with realistic, practical ongoing support strategies. Topics include cybersafety, mental health, positive parenting, school survival, healthy bodies.</p> <p>https://brisbaneshs.eq.schooltv.me/launch</p>	

	<p>Butterfly Foundation 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>GriefLine Grief helpline that provides telephone support services to individuals and families.</p> <p>1300 845 754 (National – Landline only) https://griefline.org.au</p>	 <p>☎ 1300 845 745 (National - Landline Only) Midday to 3am AEST, 7 days a week Use our 24/7 Online Counselling Service</p>
	<p>ThinkUKnow: Parents, Carers and Teachers Established by the Australian Federal Police, ThinkUKnow is a free, evidence-based cyber safety program that provides accessible cyber safety education to parents, carers and teachers through schools and organisations across Australia.</p> <p>www.thinkuknow.org.au</p>	
	<p>eSafetyparents esafety parent shows you how you protect your digital identity. Parents can learn about the digital environment and keep updated on their children's technology use; find guidance for using safety settings on your family's web-connected devices, tips for choosing movies and games and strategies for keeping young people safe online.</p> <p>www.esafety.gov.au/parents</p>	

 	<p>Womensline</p> <p>DVConnect Womensline is the only state-wide telephone service offering women who are experiencing domestic or family violence 24 hours a day, 7 days a week. We offer free, professional and non-judgmental telephone support to you, wherever you live in Queensland.</p> <p>Calls to 1800 811 811 are free from any public phone. We can arrange practical assistance such as counselling, intervention, transport and emergency accommodation for Queensland women and their children who are in danger from a violent partner or family member.</p> <p>Unbelievably, DVConnect Womensline takes around 8,000 calls every month from Queensland women who are in fear of or in immediate danger from domestic or family violence, and on average we assist over 600 women and often more than 500 children to be moved to safety every month.</p>	<p>1800 811 811</p> <p>24 hrs / 7 days</p>
 	<p>Mensline</p> <p>Mensline is a free, confidential telephone, counselling, referral and support service especially set up for men. It is a Queensland wide service that operates between the hours of 9am and midnight, 7 days a week.</p> <p>Mensline Queensland offers professional counselling and information, and acts as a strategic point of referral for Queensland men around the issues of:</p> <ul style="list-style-type: none"> • Domestic and family violence • Relationship problems and separation issues • Men's health • Child support and family law issues • Suicide and other significant issues for men 	<p>1800 600 636</p> <p>9am – midnight / 7 days</p>