

HI THERE! HOW ARE YOU?

Wow, the world sure has had some big changes lately and you may have found yourself stuck at home more than you would have liked to be...or not. Take this time to ask yourself, how are you feeling about all these changes? **Maintaining good mental health** is more important than ever during these uncertain times but thankfully there is plenty of help out there and ways you can help yourself too!

ONLINE SUPPORT AND RESOURCES



Reach Out

A website for young people and adults full of resources for all topics!

<https://au.reachout.com/>



Youth Beyond Blue

Information and support for youth
<https://www.youthbeyondblue.com>

Kids Helpline - 1800 55 1800
<https://kidshelpline.com.au/teens>



headspace & e-headspace

Young people can connect with a professional over the phone or online. Supportive group chats are also available.

<https://headspace.org.au/>

FREE APPS!



Smiling Mind

Meditation and mindfulness app for children, youth, and adults.



ReachOut Breathe

Helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and heart rate.



What's Up?

An app to help you cope with anxiety, stress and feelings of depression.



The Check-in

An app to take the fear out of talking with a friend who might be struggling.



i Bobbly

Social and emotional wellbeing self-help app tailored to ATSI young people (15+ years).



Calm Harm

Provides tasks that help young people resist or manage the urge to self-harm.

CAN I STILL SPEAK WITH ONE OF THE SCHOOL COUNSELLORS?

You sure can, it'll just work a bit differently for the time being! Whilst we can't see you in person at the moment, we are more than happy to provide 'tele-school counselling' (telephone). AHS staff are busy calling students so if you would like to get in contact with us, **please let the teacher know over the phone**. You can also call AHS on **42571774** and they can send us an email so that we can make initial contact with you through your email address.

LOOKING AFTER YOURSELF IS IMPORTANT...and so is washing your hands.

IDEAS FOR FEELING BETTER WHEN ANXIETY GETS ME DOWN

