

work & study

Navigating life as an employee and/or student can be tricky. Luckily there's support available for you! Whether you are looking for tips on how to study for your exam or help with finding a job, this guide is packed with resources to help young people navigate their work and study successfully.

need answers?
click on the shapes below

finding a job

What career or job suits me

Industry webinars

Information on job market research

How to make a career plan

How can I plan my **career pathway**?

Feeling stressed about **exams**?

What learning options do I have **after school**?

Need help **applying for a job**?

applying for job

Steps to follow to apply for a job

job support

Know your workplace rights

Managing your mental health & disclosure at work

headspace support

Did you know that headspace provides specially tailored Work and Study support?

study

Face-to-face vs online learning

How to reduce stress and prepare for exams

Tips to maintain your mental health

study after school

Learning & education options in Australia

Courses and course providers

How to finance your studies

List of student unions and associations

If you are experiencing mental health difficulties, it's important that you reach out to a trusted friend, family member, teacher or Elder to share what you are going through. Or you can get in touch with your local headspace centre or use our online or phone-based service at eheadspace.

For immediate help:
triple zero (000) if it is an emergency

Free National 24/7 crisis services:
Lifeline: 13 11 14 or lifeline.org.au
Suicide Call Back Service: 1300 659 467 or suicidecallbackservice.org.au
beyondblue: 1300 224 636 or beyondblue.org.au

Additional youth support services include:
headspace: visit headspace.org.au to find your nearest centre
eheadspace: 1800 650 890
Kids Helpline: 1800 55 1800 kidshelpline.com.au
ReachOut: reachout.com
SANE Australia: 1800 187 263 sane.org