

brain chemical hacks

DOPAMINE

(the reward chemical)

- # eating healthy food
- # achieving goals
- # adequate sleep

OXYTOCIN

(the love hormone)



- # socialising
- # physical touch
- # petting animals

ENDORPHIN

(the pain killer)



- # laughter
- # music
- # working out

SEROTONIN

(the mood stabiliser)



- # sunlight
- # happy memories
- # being in nature

helpful apps

self harm/ suicidal thoughts



Calm Harm

Managing self-harm urges.



ReMinder

Suicide safety plan.

anxiety



Clear Fear

Coping strategies for anxiety.

depression



Move Mood

Managing behaviours linked with depression.

anger



Angrr

Options for managing immediate urges.

for family members



Combined Minds

For family/ friends who want to help..

breathing/ meditation



Breathe

Breathing techniques to relax and focus.

**are you looking for more
help on specific topics?**

**use the QR code to
check out our website**



DISCLAIMER

If you are in need of immediate support, please contact one of the following numbers:

Emergency
000

Lifeline WA
13 11 14

Kids Line
1800 55 1800



Mental health Resources PHONE



phone services

domestic violence/ sexual assault

1800RESPECT

1800 737 732

Sexual assault, family and domestic violence counselling line.

Safe Steps

1800 015 188

Helpline for domestic and psychological/ emotional abuse.

Sexual Abuse and Redress Support Service

1800 211 028

Provides 24/7 telephone and face-to-face counselling for people impacted by institutional child sexual abuse. This means adults who were sexually assaulted as a child at an institution – like a school, church, club, etc.

Violence and Abuse Trauma Counselling and Recovery Service

1800 385 578

Telephone and online support, as well as information and referrals, for anyone in Australia who is or has experienced domestic or family violence, or those who support them.

Sexual Assault Resource Centre

1800 199 888

Provides a range of free services to people affected by sexual violence.

drugs and alcohol

Family Drug Support

1300 368 186

24/7 support line for families affected by alcohol and drug issues.

Alcohol and Drug Support Line

9442 5000

24/7 confidential, non-judgemental telephone counselling, information and referral service for anyone seeking help for their own or another person's alcohol or drug use.

text support

Crisis Text Line

741 741

Lifeline Text Line

0477 13 11 14



grief

Grief Line

1300 845 745

For anyone experiencing grief and loss across Australia.

aboriginal and torres strait islander

Yarning SafeNStrong

1800 959 563

24/7 National helpline for Aboriginal and Torres Strait Islanders.

Dardi Munwurro

1800 435 799

Support for Aboriginal men when struggling.

Thrilli

1800 805 801

24/7 support line, supports Indigenous individuals, families, and communities affected by suicide or other significant trauma.

family and child protection

Family Relationship Advice Line

1800 050 321

Helps families affected by relationship or separation issues.

Carer's Gateway

1800 422 737

For support, advice, counselling, or help while caring for someone.

Crisis Care Helpline

1800 437 348

Prioritises child protection concerns. Information, advice, support and intervention for people in crises and needing urgent help.

other

Mensline Australia

1300 789 978

24/7 support for men and boys who are dealing with family and relationship difficulties.

Friendline

1800 424 287

Support line for lonely people.

Peer Care Companion Warmline

1800 77 7337

Suicide prevention warmline. Leave a voicemail and they will call you.

Amaze

1300 308 699

Autism support line.

ehedspace

1800 350 890

On the spot counselling for 12-15 year olds.

SANE

1800 187 263

Support for 18+ with complex mental health needs.

Blue Knot

1300 657 380

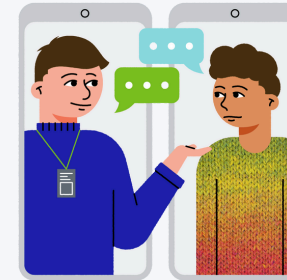
helpline@blueknot.org.au

Phone and email-based support for adult survivors of PTSD, as well as for their supporters. From 7am - 3pm AWST

Youth Beyond Blue

1300 224 636

24/7 phone counselling for mental health.



DISTRESS TOLERANCE ACTIVITIES

BODY MOVING

- Hit or throw a ball
- Clean
- Dance
- Garden
- Go for a run
- Stretch your body
- Chop wood

IN THE MOMENT

- Affirm yourself
- Emulate someone you admire
- Box up a thought and set it aside
- Shout 'stop'
- Sing or hum a joyous tune
- Visualiser a shield around you

SENSATION-FOCUSED

- Burn incense
- Make a cup of tea/ coffee
- Crumble herbs
- Eat something tasty
- File your nails
- Hold and icecube
- Suck on hard candy
- Sit with the sun on your skin
- Bite something