



While You Wait

If you are waiting for a call or an appointment, please check out some of the community resources below.

Helplines

eheadspace – 1800 650 890

Kids Helpline – 1800 551 800

Beyond Blue – 1300 224 636

Online Forums

Beyond Blue – <https://forums.beyondblue.org.au?>

Reach Out – <https://au.reachout.com/#young-people>

Websites

eheadspace – 1800 650 890 or at headspace.org.au/online-and-phone-support

Kids Helpline – 1800 55 1800 or kidshelpline.com.au

ReachOut – au.reachout.com

Medicare Mental Health – <https://www.medicarementalhealth.gov.au/>

Hello Sunday Morning – hellosundaymorning.org

The Brave Program – brave4you.psy.uq.edu.au/

Clear Your Vision – [Ocannabissupport.com.au/treatment/tools-to-quit/clear-your-vision](https://ocannabissupport.com.au/treatment/tools-to-quit/clear-your-vision)

Act, Belong, Commit – <https://www.actbelongcommit.org.au/>

Blogs

Personal Best – [best.https://www.beyondblue.org.au/personal-best](https://www.beyondblue.org.au/personal-best)

Apps

BeyondNow App – beyondblue.org.au/get-support/beyondnow-suicide-safety-planning

Smiling Minds – <https://apps.apple.com/au/app/smiling-mind/id560442518>

Breakup Shakeup – [iTunes.apple.com/au/app/breakup-shakeup/id1017200579?mt=8](https://itunes.apple.com/au/app/breakup-shakeup/id1017200579?mt=8)