

holiday survival pack

Getting through the holidays can be hard.
Here's some ways to make it a little easier.



headspace resources

create a headspace account

Head to the headspace website [here](#) to create an account to access free resources and support.



eheadspace

Having a tough time? eheadspace is here to support you, wherever you are. After creating a headspace account, you can chat online or on the phone with a trained mental health professional. It's all about support made simple and safe for young people like you!

Open 9 AM – 1 AM, 7 days a week!

Click [here](#) for more information.

mental health workbooks

Our good friends at headspace Canberra have created some fantastic activity booklets!

Click [here](#) to check them out.



things to do

looking for things to do around **Goulburn these holidays? check out the links below:**

Goulburn Mulwaree Library: [Programs & Events](#)

Goulburn Youth Services: [Programs & Events](#)

looking for things to do around **Yass these holidays? check out these links below:**

Yass Council Library: [Programs & Events](#)

Yass Council Youth Services: [Programs & Events](#)



free resources

check out these sites to access free online resources and support



plus heaps more to connect to through these sites!



keen to learn?

These websites can help grow your knowledge of mental health and wellbeing!

headspace Goulburn & Yass

**wishes you a safe and joyful
holiday season!**

**if you are in an emergency situation
or need immediate assistance:**

call 000

if you need urgent support call:

Access Mental Health 1800 629 354 - (ACT)

Mental Health Line 1800 011 511 - (NSW)

Lifeline 13 11 14

Kids Helpline 1800 551 800

Suicide Call Back Service 1300 659 467

**Don't forget to take
time for yourself this
holiday break, & reach
out if you need support.**

