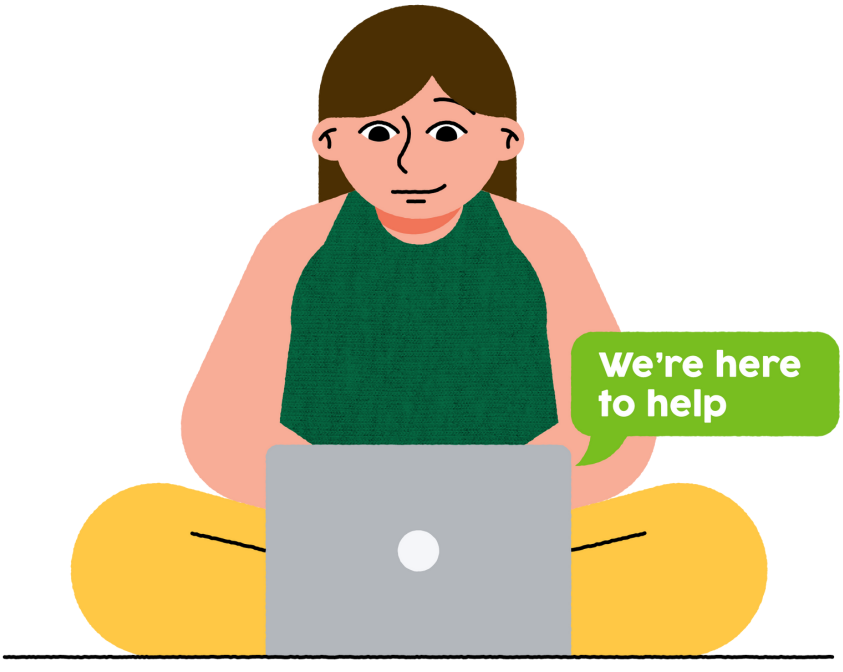
wellbeing starter pack

This resource includes a few useful apps, services and resources you can turn to if you're looking for support for you or for a friend.

Of course there are many more out there, but here's a few to start you off.



headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health

apps we find helpful



...control your breathing...

ReachOut Breathe This app guides you though a breathing exercise to reduce physical symptoms of stress and anxiety. It's available for FREE on the App Store.



...control your worries...

ReachOut WorryTime This app gives you a place to store all your worries until it is 'worry time'. You can get on with your day, knowing that you have time to deal with all the worries later. It's available for FREE on the App Store.



...relax...

Smiling Mind This app guides you through mindfulness activities that can help you achieve your goals (eg. sleep, wellbeing and more). It's available for FREE on the App Store and Google Play.



...track your moods...

Mood Prism This app allows you to track your mood and gives you colour coded summaries. It's available for FREE on the App Store and Google Play.

more helpful apps

...write down your thoughts...

CBT Thought Diary This app allows you to track your mood and write down your thoughts. It's available for FREE on the App Store and Google Play.

...improve you social and emotional wellbeing...

iBobbly (15yo+) This app is designed for young people who identify as Aboriginal and Torres Strait Islander. It gives you social and emotional wellbeing information and coping strategies. It's available for FREE on the App Store and Google Play.

...learn more about your relationship...

Love Smart (18yo+) This app has quizzes to assess your current romantic relationship and information on how to improve it. It's available for FREE on the App Store

...get through a breakup...

Breakup Shakeup This app helps you get through a relationship breakup by scheduling activities to 'do something' or 'feel different'. It's available for FREE on the App Store.

who can I talk to?



Your doctor (GP) can provide you with support for mental health concerns, and can discuss a lot of the options with you, they can write a referral for you to see the right service for you.

Kids Helpline. Kids Helpline is Australia's only free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25

call on 1800 55 1800

at **eheadspace** you can talk 1-on-1 with an eheadspace clinician via an online chat, email or over the phone. You can also join group chats which cover a variety of helpful topics and are a great way to learn from other people's experiences.

headspace.org.au/eheadspace

who can I talk to in a crisis?



If you need immediate assistance, please call 000

Mental Health Line
1800 011 511

The Mental Health Line is a 24-hour telephone service operating seven days a week across NSW

1800 629 354 or 02 6205 1065.

Access Mental Health offer mental health services that are available 24 hours a day, 7 days a week in the ACT

Lifeline

Lifeline is a national charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services. Somewhere in Australia there is a new call to Lifeline every minute.
People call Lifeline about:
Suicidal thoughts or attempts
Personal crisis
Anxiety
Depression
Loneliness
Abuse and trauma
Stresses from work, family or society
Self-help information for friends and family

Lifeline 24 Hour Telephone Crisis Line – 13 11 14

How do I help a friend?

Helping a friend who's having a tough time

When you see a friend having a tough time, it's a good idea to reach out and offer support. You might have noticed they don't seem like themselves, or they're not acting the way they normally do. Finding the words to start a conversation isn't easy, especially when you don't know what kind of help you can offer. It can make a big difference to someone experiencing difficulties.

It can be as simple as checking in, letting them know that you care and that you're there to help them. Let your friend know what changes you've noticed, that you're worried about them and that you'd like to help.

Even if they don't open up much at first, simply showing you have their back can give your friend strength and hope. This also tells them that you're someone they can talk to if they do decide to open up later on.

What if my friend doesn't want any help?

Some friends need time and space before they feel ready to get support. Being afraid of things changing or being judged, can be a big factor in why people don't seek support when they need it.

You may need to be patient with your friend and try not to judge them or get frustrated if you can't get through to them at first. Remind them that you are there if they need you. Give them time.

Sometimes you might need to involve someone else – this may be a trusted adult. If you do decide to tell someone, try to let your friend know that you're planning on doing this first and encourage them to get involved in the discussion.

Letting someone else know can be a difficult decision to make, especially if they don't want help. You might be worried they may lose trust in you. There's a chance your friend might feel like this at first but remind them it's only because you care. In the long run, they will usually understand why you got someone else involved.

If your friend is at risk of harming themselves or somebody else, you need to seek help straight away, even if they ask you not to. If your friend needs urgent help you can call 000. You could also ask someone you trust, such as a parent or teacher for help.

What can I say to help my friend with their mental health?

It's important to encourage your friend to get further support. You can say things like:

- 'Have you talked to anyone else about this? It's great you've talked to me, but it might be good to get advice and support from a health worker.'
- 'It doesn't have to be super intense and you can make choices about what's best for you.'
- 'Your GP (general practitioner) can actually help you with this stuff. You can find one that bulk bills, so you don't have to pay. I can go along with you, if you want?'
- 'There are some great websites you can check out to get more information. Have you heard of headspace or ReachOut or youthbeyondblue?'
- 'Did you know that you can get free and confidential support online or over the phone from places like headspace, Kids Helpline and Lifeline? All of these services are anonymous and can help you figure out what's going on for you and where to go for the right support.'
- 'I know you're not feeling great now, but with the right support, you can get through this. Lots of people do.'
- 'It's OK to feel this way and I'm here to have your back.' Make sure you validate your friend's concern and let them know they're not alone.

Looking after yourself

Supporting a friend through a tough time can be difficult, so it's important that you take care of yourself, too. You can check out our tips for a healthy headspace fact sheets to look after your own wellbeing and build your mental fitness every day.

Try to remember that you're their friend and not their counsellor. Be realistic about what you can and can't do. Set boundaries for yourself to make sure that you're doing the best thing for yourself, your friend and the friendship.

If you're feeling overwhelmed and need support for you, it might be a good time to reach out for extra help. A good place to start is a trusted adult (e.g., family member, teacher or GP). You can also contact Kids Helpline (1800 55 1800).

How to help - resources

The **Chats for life** app will help you to plan a conversation with someone that you may be concerned about, who may be struggling or not going well. Designed with and for young people, a series of short videos will give you tips on how you may support their mental health and wellbeing.

The Check-in is for anyone who wants to check in with a friend but is concerned about saying the wrong thing or making the situation worse. The app takes you through four steps, getting you to think about where you might check in, what you might say and how might you support your friend. There is also a section showing you things to consider, such as what if my friend denies there is a problem or what if I say something silly.

These are some websites you can go to for more information and resources around mental health concerns for you or a friend - they have some great tools, apps and info for you or a mate:

Black Dog Institute
R U OK?
Beyond Blue
Reach Out
The Butterfly Foundation
headspace

what can I do now?

https://headspace.org.au/young-people/learn-how-to-handle-tough-times-to-help-your-headspace/

Developing your own positive ways to handle tough times can make you more resilient, develop your self-awareness and build your confidence. All these things help to keep your headspace healthy.

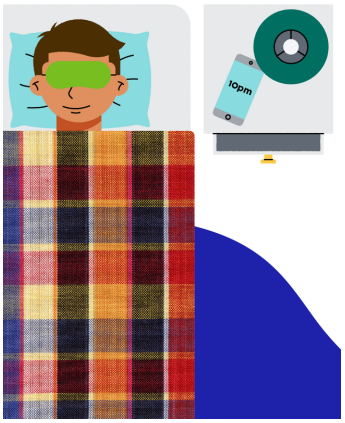
here are seven tips to keep up our mental fitness.

to find more information and resources relating to these tips, head to https://headspace.org.au/young-people/tips-for-a-healthy-headspace/









get in to life
do stuff you love and stuff that matters to you.

learn skills for tough times
there are lots of different ideas to help you manage difficult thoughts and feelings.

create connections
spend time with family and friends, and people in your community who strengthen your wellbeing.



eat well
there is a strong link between the food you eat and how you feel.

stay active
staying active helps you sleep better, cope better and boosts your mood.



get enough sleep
the right amount of sleep is good for your brain and your body, it helps with your mood and your resilience.

cut back on alcohol and other drugs
they might feel like they help you cope but they affect your mental health and make you feel worse in the long run.

