



**Mental Health Support
for Young People**

Tips for a healthy headspace

There are a number of ways to look after your mental health every day.

Some of these include:

- Eat well
- Prioritise sleep
- Be physically active
- Be socially active



For more info head to:
headtohealth.gov.au or your local headspace centre for tips on creating a healthy headspace.

Apps: Reach Out recommends a range of useful apps that can support a healthy headspace au.reachout.com/tools-and-apps



It's normal to feel overwhelmed at times and most often the feelings will pass fairly quickly.

Some good coping strategies include:

- Talking to someone
- Practicing relaxation or mindfulness
- Being creative
- Being active

However if these feelings persist contact us at headspace Hawthorn or go to eheadspace

eheadspace.org.au

Create your personalised safety plan using the Beyond Now app/website

My personal healthy headspace plan is:



1 _____

2 _____

3 _____

4 _____

Some things I will do if I begin to feel overwhelmed:

1 _____

2 _____

3 _____

4 _____



Contacts:

headspace Hawthorn
9006 6500
360 Youth Services 9835 7824
YMCA Youth Services 9848 0088
Youth Connexions (Box Hill)
9898 9340
Monash Youth Services
9518 3900

After hours:

CYMHS (Child Youth Mental Health Services) 1300 721 927
eheadspace eheadspace.org.au or call 1800 650 890
Kids help line 1800 551 800
Lifeline 13 11 14
Beyond Blue Info Line
1300 224 636
ECASA (Sexual Assault)
9870 7330 or 1800 806 292
YoDDA (Drug & Alcohol Advice)
1800 458 685
My Doctor _____

headspace

Hawthorn

Level 1, 360 Burwood Rd,
Hawthorn

9006 6500



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When I am feeling distressed and need immediate support:

Sometimes our emotions can be overpowering and leave us feeling really distressed. In these times, it is important to reach out to a trusted support person or service for help.

When I am in distress, some people I can reach out to are:

- 1 _____
- 2 _____
- 3 _____

**share your Beyond Now plan with these people*



Often our feelings of distress can intensify at night or on weekends, when we are feeling most alone.

Here are some places you can contact if you are feeling distressed after hours:

- Suicide Call Back Service 1300 659 467
- Suicide Line Vic 1300 651 251
- Kids Help Line 1800 551 800
- Lifeline 13 11 14
- eheadspace 1800 650 890
- Beyond Blue 1300 224 636
- EASA 9870 7330 or 1800 806 292

When I'm feeling distressed, I will:

- 1 _____
- 2 _____
- 3 _____
- 4 _____

For my supports: What I would like you to do to support me when I am feeling distressed is:

- 1 _____
- 2 _____
- 3 _____
- 4 _____



If you think you might act on any thoughts or plans to harm yourself, or if you are in an emergency, contact:



Eastern Area Mental Health Services AH 1300 721 927

North Eastern Area Mental Health Services AH 1300 558 862

Police, Fire, Ambulance 000

Or, ask your support person to take you to the closest hospital emergency department.

