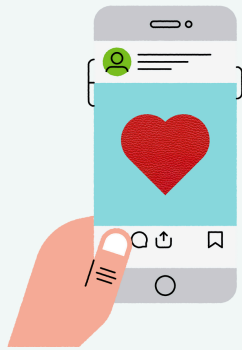


holiday closure supports

Here are just a few alternative services that can help over the holiday season if you need some extra support!

If you are in need of immediate mental health support, please contact the Mental Health Line on 1800 011 511, present to your closest Emergency Department or call 000.



apps that might be helpful

Smiling Minds - Meditation and mindfulness

Calm - Meditation and mindfulness

Mood Gym - CBT support for managing anxiety and depression

Check In - How to check in with a friend who needs support

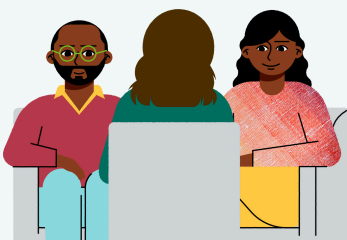


phone counselling and online support

Beyond Blue - 1300 224 636 / beyondblue.org.au

13YARN - 13 92 76

eheadspace - headspace.org.au/online-and-phone-support/



family support

Interrelate - 1300 473 528

Parent Line - 1300 130 052

Relationships Australia - 1300 364 277

ReachOut - parents.au.reachout.com

headspace - headspace.org.au/services/family/