

headspace wishes you a safe and joyful holiday season



**Headspace Lithgow will be closed from 12pm
Wednesday 24th December 2025 and reopen
Monday 5th January 2026**

While we will continue to receive referrals up until Christmas Eve. We will not be accepting or contact clients until the new year. For further information please call us on 6941 9024 or email hs.Lithgow@marathonhealth.com.au

If you are in an emergency or need immediate assistance:

Call emergency services on 000 or attend Lithgow Hospital

If you need to speak to someone urgently, you can call:

- Lifeline 13 11 14
- Kids Helpline 1800 551 800
- 24hr Mental Health Assistance Line 1800 011 511

Non-urgent support services - things you can try now

- **Beyond Blue - Beyond Now**
suicide safety planning, to support people experiencing suicidal thoughts or heading towards a suicidal crisis - www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning/create-beyondnow-safety-plan
- **The Brave Program**
The BRAVE Program is an interactive, online program for the prevention and treatment of childhood and adolescent anxiety. The programs are free and provide ways for children and teenagers to better cope with their worries. There are also programs for parents.
<https://brave4you.psy.uq.edu.au/>
- **headspace Spaces**
spaces gives you a place where you can collect and manage resources to build your own mental health toolkit
www.headspace.org.au/eheadspace/spaces/personal/setup
- **This Way Up**
Free online courses designed to give you practical skills to improve stress, sleep, and general wellbeing.
www.thiswayup.org.au/coping-and-resilience-tools/
- **Mind spot clinic** (18 years and over)
offers a number of treatment courses for people with symptoms of stress, worry, anxiety, low mood and depression. These courses help people learn about their symptoms, and learn proven skills to manage their emotional wellbeing and improve their quality of life - www.mindspot.org.au/
- **Mental Health Online** (18 years and over)
12-week online programs for: anxiety, OCD, panic, PTSD, social anxiety, with self-guided and therapist support options (4 therapist sessions over 12 weeks) - www.mentalhealthonline.org.au/
- **Centre for Clinical Interventions**
online self-help modules for anxiety, depression, bi-polar, eating disorders, and many more - www.cci.health.wa.gov.au/Resources/Looking-After-Yourself
- **Mood gym**
is like an interactive self-help program which helps you to learn and practise skills which can help to prevent and manage symptoms of depression and anxiety - www.moodgym.com.au/
- **Mum Mood Booster**
an evidence-based online treatment to help new mothers who are experiencing postnatal depression or anxiety. Six interaction online CBT sessions + SMS support - www.mummoodbooster.com/public/
- **ACON**
they offer a range of services delivered by caring people who genuinely understand the health issues affecting LGBTQ people - www.acon.org.au/
- **OCD? Not Me**
Online OCD treatment program for young people aged 12 – 18
<https://www.ocdnotme.com.au/>
- **myCompass**
A self-help tool for your mental health. Learn new ways to deal with thoughts, feelings and behaviours that cause you trouble. You'll have a toolkit of strategies to use when you need them.
<https://www.mycompass.org.au/>
- **Inside Out eclinic**
Eating disorder online self-help tool for body & food concerns.
<https://eclinic.insideoutinstitute.org.au/>

Apps – find on your app store

- **Breakup Shakeup**
a fun, behavioural activation app that provides fun, easy activities to do to help people (14-25 years) after a breakup.
- **Mood Mission**
an app-based therapy designed to help people overcome low moods and anxiety by discovering new and better ways of coping
- **Smiling Mind**
a mindfulness and relaxation app that allows people to use guided meditations to slow down and live in the present moment
- **Clear Fear**
an app that provides you with a range of ways to manage the symptoms of anxiety
- **Calm Harm**
an app that provides tasks that help you to resist or manage the urge to self-harm
- **PTSD coach**
an app that helps people understand and manage the symptoms of Post-Traumatic Stress Disorder



online chats

- **ehedspace online chats**
an online support network where you can speak to a counsellor one-on-one from 3pm -10pm 7 days per week
www.headspace.org.au/ehedspace/
- **Kids helpline online chat**
one on one online counselling 24 hours per day, 7 days per week – you can speak to the same counsellor each time if preferred, and choose a time that suits you to chat
www.kidshelpline.com.au/get-help/webchat-counselling
- **Lifeline online chat**
one on one online counselling from 7pm-midnight 7 days per week
www.lifeline.org.au/get-help/online-services/crisis-chat
- **Men's line**
telephone and online counselling service for men with emotional health and relationship concerns -
www.mensline.org.au/
- **QLife**
Phone and online counselling and referral for people of diverse sex, genders and sexualities –
www qlife.org.au/
- **Youth beyond blue**
Information, online chat, email & 24/7 phone support – call 1300 224 636 –
www.beyondblue.org.au
- **Reach Out**
Free, anonymous, online support. Aged 16-25 in Australia? Chat for free with a trained peer worker about anything that's worrying you - big or small.
<https://au.reachout.com/peerchat>
- **1800 Respect**
Confidential information, counselling and support service 1800RESPECT is available for free, 24 hours a day, 7 days a week to support people impacted by domestic, family or sexual violence.
<https://1800respect.org.au/>

text services

- **Lifeline** - Text **0477 13 11 14**.

Available 12pm to midnight – Short-term support when you are feeling overwhelmed or having difficulty coping

- Listen without judgment
- Provide a safe space to discuss your needs, worries or concerns
- Work with you to explore options for support

Other services (local, state & online)

- **Head to Health**

Head to Health can help you find the right Australian digital mental health and wellbeing resources, for yourself or for someone you care about – www.headtohealth.gov.au/

- **Mental Health – Navigation Tool**

helping you find the right mental health support in the Blue Mountains, Hawkesbury, Lithgow and Penrith - www.mentalhealthhelp.com.au/

- **PSYCH2U**

offer comprehensive bulk billed telepsychiatry and telepsychology services delivered by videoconference to all eligible Australians – www.psych2u.com.au/

- **Full Stop Australia**

offering free, 24/7, confidential, trauma specialist counselling to people of all genders who have been subject to sexual, domestic and family violence, as well as their friends, colleagues and family members.

<https://fullstop.org.au/>

Child Protection Helpline	13 21 11	Domestic Violence Line	1800 656 463
Lifeline (24 hrs)	13 11 14	Link2home (homelessness info & referral)	1800 152 152
Lifeline SMS support	0477 131 114	Law Access NSW	1300 888 529
Kids helpline (24 hrs)	1800 55 1800	Drug and Alcohol service	1300 611 050
Suicide callback service (24 hrs)	1300 659 467	Drug and Alcohol Helpline	1800 422 599
Lithgow Hospital ED	6350 2300	Legal Aid Hotline 18yr and under	1800 101 810
13 YARN	13 92 76	Parent Line NSW	1300 1300 52
Full Stop	1800 385 578	1800 RESPECT	1800 737 732