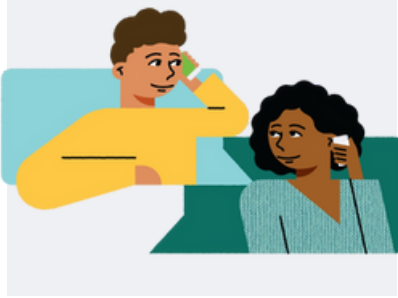


help over Christmas

On this page, you'll find a list of some of the services that can assist you over this holiday season while we are away.



NSW Mental Health Line

The NSW Mental Healthline is a 24/7 free statewide phone service which links people to NSW mental health services. Give them a call if you are worried about your own, or someone else's mental health.

Phone: 1800 011 511

[learn more](#)



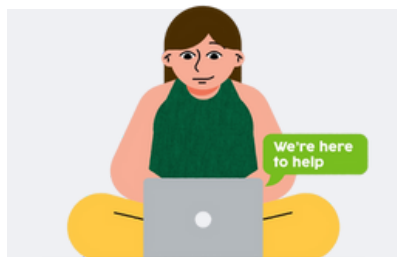
Lifeline

Lifeline is a national 24-hour crisis support and suicide prevention service. Lifeline is also able to support people from Non-English speaking backgrounds.

Phone: 13 11 14

Online Support: www.lifeline.org.au

[learn more](#)

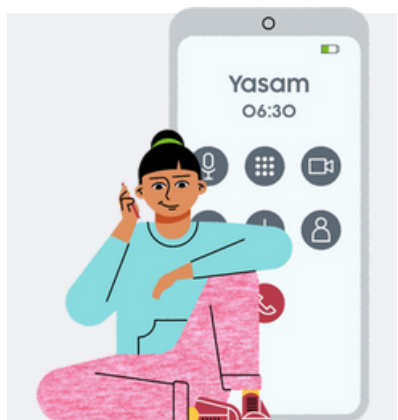


Kids Helpline

Kids Helpline is a 24/7 free nationwide online and phone counselling service for young people aged 5 to 25. Give them a call if you are struggling with your mental health.

Phone: 1800 55 1800

[learn more](#)



Suicide Call Back Service

The Suicide Call Back Service is a 24/7 free nationwide phone and online counselling service for people affected by suicide in any capacity. Give them a call if you have lost someone to suicide, are worried about someone who is feeling suicidal, or if you are experiencing suicidal thoughts.

Phone: 1300 659 467

Online Support: www.suicidecallbackservice.org.au

[learn more](#)



13YARN

13YARN is a free 24/7 crisis support phone service for First Nations peoples run by First Nations peoples. Give them a call if you or someone you know identifies as First Nations, and is struggling with their mental health.

Phone: 13 92 76

[learn more](#)



help over Christmas

On this page, you'll find a list of some of the services that can assist you over this holiday season while we are away.



Brother to Brother

Brother to Brother is a 24/7 crisis phone line for Aboriginal men run by Aboriginal men and Elders. Give them a call if you identify as an Aboriginal man, and need someone to talk to.

Phone: 1800 435 799

[learn more](#)



QLife

QLife is a nationwide free phone and online LGBTIQ+ support service. Give them a call if you want to talk about sexuality, gender, bodies, feelings or relationships.

Phone: 1800 184 527 - Open 3:00PM to 12:00AM daily

Online Support: qlife.org.au

[learn more](#)



MensLine

MensLine Australia is a 24/7 free phone and online counselling service for men. Give them a call if you identify as a man and are struggling with your mental health.

Phone: 1300 78 99 78

Online Support: mensline.org.au

[learn more](#)



1800RESPECT

1800RESPECT is a 24/7 free phone and online support service for people impacted by domestic, family, or sexual violence. Give them a call if you or someone you know is struggling with domestic, family or sexual violence.

Phone: 1800 737 732

Online Support: 1800respect.org.au

[learn more](#)



Open Arms

OpenArms is a 24/7 online and phone crisis support service for Australian veterans. Give them a call if you or someone you know is a veteran, and is struggling with their mental health.

Phone: 1800 011 046

Online Support: www.openarms.gov.au

[learn more](#)





the facts:
tips for a healthy headspace



headspace
National Youth Mental Health Foundation

tips for a healthy headspace

A healthy headspace allows us to live our lives in a productive and meaningful way.



We can work, study, feel connected to others, be involved in activities in our community and bounce back when life's changes and challenges come along.



How can I boost my mental health?

There are a number of things you can do to look after and maintain your mental health and wellbeing. These include:

Stay Active

Staying active can help you sleep better, manage stress and boost your mood.

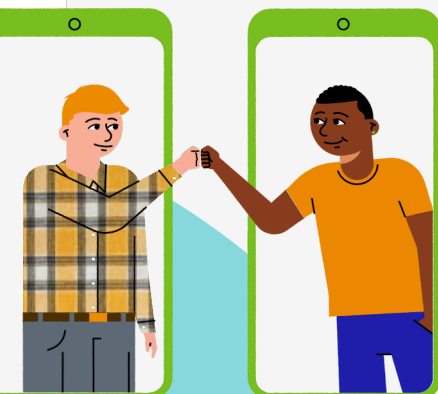
The key to getting active is finding something you like to do. Whether it's going to the gym, kicking a ball around with a friend, or going for a walk – make sure it's something you enjoy, that way you're more likely to stick with it. Start with small, manageable goals. Asking a friend to join you can help with motivation.

Create connections

Spending time with family, friends (including pets), your mob and people in your community can help strengthen your mental health and wellbeing.

You can try things like:

- volunteer work
- hobbies
- clubs or committees
- sports.



Finding a safe online community can also help you feel connected and meet new people.

Get in to life

Keep doing the stuff you love to do and the things that are important to you. It can help keep the fun in your life, give you a sense of purpose, boost your confidence and help you connect with others.

Some of these things, such as skating, reading or playing the guitar, might just be for fun, but other things like work or study can give you other skills and can help to give your life meaning.

Eat well

Eating well can improve your mood, energy levels, and your health and wellbeing. Eat nutritious food (like veggies, fruit and whole grains) and drink plenty of water to give your body and brain all the power it needs to function well. Sometimes we turn to snacks that aren't nutritious when we're stressed, so it's a good idea to develop coping strategies that aren't related to food for these times (e.g., relaxation activities).

Get enough sleep

Getting good quality sleep can give you more energy, improve your concentration, and helps protect your mental health and wellbeing. But getting a good night's sleep isn't always easy – some tips:

- turn off screens at least an hour before bedtime
- try relaxation exercises
- have a bedtime routine
- avoid caffeine at least six hours before you go to bed
- limit the use of alcohol and other drugs
- avoid napping during the day

Cut back on alcohol and other drugs

Cutting down on the amount of alcohol and other drugs that you take, or avoiding alcohol and other drugs altogether, can help you sleep better, feel better, and keep a healthy headspace.

Even though alcohol and other drugs may make you feel good in the short term, they can impact your mental health and make you feel much worse in the long run.

Keep doing the stuff you love to do and the things that are important to you.



Getting support

There are lots of ways to look after your headspace.

Check out the headspace website for tips on how to look after your mental health.

If you've tried some of these strategies for some time without improving despite your efforts, it's time to reach out to a trusted friend, family member, teacher, Elder, counsellor or health service.

Learn skills for tough times

Taking time to think about how you handle tough times is really important. Sometimes the things we do naturally can help, and sometimes they don't.

Build your options for handling tough times, they'll come in handy now and into the future. Things like:

- using art, music or journalling to express yourself
- spending time in nature
- writing down your triggers/what you find difficult
- setting some small goals, and seeing them through
- practising being kind to yourself
- meditating or doing relaxation exercises.



If you or someone you know is going through a tough time you can get help and support from headspace, your school, TAFE or university wellbeing service or your local health provider. For more information, to find your nearest headspace centre, or for online and telephone support, visit [headspace.org.au](https://www.headspace.org.au)

If you need immediate assistance call 000 or to speak to someone urgently, please call Lifeline on 13 11 14 or Suicide Call Back Service on 1300 659 467.

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

 **headspace**
National Youth Mental Health Foundation

The headspace Clinical Reference Group have approved this clinical resource. Fact sheets are for general information only. They are not intended to be and should not be relied on as a substitute for specific medical or health advice. While every effort is taken to ensure the information is accurate, headspace makes no representations and gives no warranties that this information is correct, current, complete, reliable or suitable for any purpose. We disclaim all responsibility and liability for any direct or indirect loss, damage, cost or expense whatsoever in the use of or reliance upon this information. 03 October 2022