

# holiday survival pack

Getting through the holidays can be hard.  
Here's some ways to make it a little easier



# headspace resources

## create a headspace account

Head to the headspace website [here](#) to create an account to access free resources and support.



## eheadspace

Having a tough time? eheadspace is here to support you, wherever you are. After creating a headspace account, you can chat online or on the phone with a trained mental health professional. It's all about support made simple and safe for young people like you!

Open 9 AM – 1 AM, 7 days a week!

Click [here](#) for more information.



## mental health workbooks

Our good friends at headspace Canberra have created some fantastic activity booklets!

Click [here](#) to check them out.



# MOST

If you would like resources or support while we're closed (or anytime while accessing headspace Tuggeranong), you can connect with MOST - a safe online mental health service available to headspace Tuggeranong clients.

## MOST offers:

- Support from real people
- A personalised therapy journey tailored to you
- A safe, moderated online community where you can chat with other young people

For more info, click [here](#)

want headspace  
Tuggeranong  
to refer you to MOST?  
Give us a call on  
02 6298 2920  
before Friday,  
20 December



# things to do

looking for holiday programs with  
heaps of free events?

[YWCA Canberra](#) has an amazing line up of activities to keep  
you busy from Mon 15th Jan to Fri 31st Jan

[Woden Community Service's](#) holiday program is  
packed with activities from Tues 21st to Fri 31st Jan

not sure what to do around Canberra?  
check out:

[Visit Canberra](#) - has what's on, places to go, things to see and  
experiences to try all around Canberra

are you trans, gender diverse, intersex  
or an ally looking for a safe space these  
holidays?

[A Gender Agenda](#) have some amazing events planned,  
including [Festivus](#) on Dec 25th

need help finding services open over the  
holiday break? check out:

[Capital Health Network's](#) website for a list of after hours  
services & services open during the holiday break



# free resources

check out these sites to access free online resources and support



**THIS WAY UP** ↑↑

**REACHOUT**

**moodgym**®

The BRAVE PROGRAM.



plus heaps more to connect to through these sites!



**keen to learn?**

These websites can help grow your knowledge of mental health and wellbeing!

# headspace Tuggeranong

**wishes you a safe and joyful  
holiday season!**

**if you are in an emergency situation  
or need immediate assistance:**

**call 000**

**if you need urgent support call:**

**Access Mental Health 1800 629 354 - (ACT)**

**Mental Health Line 1800 011 511 - (NSW)**

**Lifeline 13 11 14**

**Kids Helpline 1800 551 800**

**Suicide Call Back Service 1300 659 467**

**Don't forget to take  
time for yourself this  
holiday break, & reach  
out if you need support.**

