

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 3 PM – 10 PM, 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
during open hours**



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 during the school holidays.

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

[Youth Zine](#) by the headspace Tuggeranong YRG have
helpful tips on wellbeing & self-care, including some
exciting connection opportunities around Canberra for
young people and their families

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



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.**

