



Support Options for your child whilst at home

(Or in the event that schools close)

There are still many options available for receiving mental health support.

Kids Helpline- kidshelpline.com.au

Ph: 1800 55 1800

Kids Helpline is Australia's only free (from a landline), private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25.

eheadspace- headspace.org.au/eheadspace/

Ph: 1800 650 890

eHeadspace provide a confidential, free and secure space where young people 12 - 25 or their family can **chat**, **email** or **speak on the phone** with a qualified youth mental health professional.

ReachOut- reachout.com

Fact sheets, forums, stories, apps, related to all things to do with youth wellbeing and mental health.

Youth Beyond Blue- www.youthbeyondblue.com

Ph: 1300 22 4636 (24 hours)

Online chat available from 3pm to 12am

Information, support, forums, and advice around a range of issues related to stress, anxiety and feeling down.

Bite Back- www.biteback.org.au

Bite Back is all about improving resilience, wellbeing and mental fitness. It includes real stories, modern meditations and you can tune into, blogs, quizzes/questionnaires to track your mental fitness and loads more.

Smiling Mind - <https://www.smilingmind.com.au/>

Smiling Mind is a unique tool developed by psychologists and educators to help bring balance to your life. Download their free app and find other tips online.

NSW Mental Health Access Line-

Ph: 1800 011 511

Parents may phone this number to facilitate mental health support for their child.

Emergency Services- 000