

Wellbeing Services Guide AU



Talent

RISE

The importance of health and wellbeing



We can never underestimate the importance of living a life where we are mentally healthy and are surrounded by people who support us and love us for who we truly are. We must remember that we all deserve to:

- Enjoy our lives and live them to our fullest potential
- Have the capability to build and maintain relationships with others
- Be able to set goals and work towards them
- Have the ability to cope in our lives and bounce back from situations that cause us stress and sadness

Life gets so busy and we tend to ignore the areas in our lives that need the most attention – putting it off until tomorrow, next week, next month, next year.

It can feel overwhelming and too hard, but there are many things we can do to help ourselves and there are an array of support services out there to help and to guide us in the right direction.

We all need support from time to time and for someone to teach us new skills and knowledge. Talking to a family member, a friend, your doctor or reaching out to a support service can truly make all the difference.

We all need different types of/levels of support, so in this guide we have provided you with a list of different services that could help you.

Let's not wait until tomorrow, let's do this today!

There is no time like the present!

*Never forget,
you are not alone*



Mental Health Services

Lifeline

Lifeline provides 24/7 crisis support and suicide prevention services, bringing hope to Australians struggling with life's challenges.

Lifeline provides you someone to talk to at any time of the day – someone who will listen. It will give you a chance to talk your feelings out and feel some relief in doing so. For a confidential and accessible source of support, reach out to Lifeline.

Lifeline operates Australia wide

Get in touch,

13 11 14

lifeline.org.au

Available 24/7



Beyond Blue

Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.

Give them a call any time of the day or night. They are there to listen, provide information and advice. You can also talk to them on their online chat 7 days per week from 3pm to 12am. Join their community forum for more support too.

Beyond Blue operates Australia wide

Get in touch,

1300 22 4636

beyondblue.org.au

Available 24/7



Suicide Call Back Service

Suicide Call Back Service is a national 24/7 telehealth provider offering free professional phone and online counselling for people living in Australia. No medical referral is required to initiate contact, so you can access free professional counselling anywhere, at a time that is convenient to you.

They have specialist skills in working with suicide-related issues and can help you work through the pain and distress you may be feeling. They will help you with goal planning, ensuring your own safety, and helping to link you to other services in the community.

Suicide Call Back Service operates Australia wide

Get in touch,

1300 659 467

suicidecallbackservice.org.au

Available 24/7



Headspace

Headspace provides tailored and holistic mental health support to 12-25 year olds, focusing on early intervention and support to get back on track and strengthen mental health in the future. Headspace Centres also act as a one-stop-shop for young people who need help with mental health, physical health (including sexual health), alcohol and other drugs or work and study support.

They also offer eheadspace which is their national online and phone support service which provides young people and carers with a safe, secure and anonymous place to talk to a professional – wherever they are.

Headspace operate Australia wide

Get in touch,

1800 650 890

headspace.org.au/eheadspace/

Available 7 days per week, 9 to 1am



ReachOut Australia

ReachOut Australia is Australia's leading online mental health organisation for young people and their parents. They have practical support, tools and tips that help young people get through anything.

They have digital self-help tools that are trusted, relevant and easy to use. Available for free anytime and pretty much anywhere. ReachOut is accessed by 1.58 million people each year.

ReachOut operates Australia wide

Get in touch,

02 8029 7777

reachout.com

Free content to help at any time



Kids Helpline

Kids Helpline is Australia's only free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25. Their 5 main principles are:

- Privacy and confidentiality
- All young people are treated with respect
- All young people can choose the gender of the counsellor they speak to
- Young people are able to access the same counsellor if they wish to call back
- Young people are encouraged to give feedback about Kids Helpline and the service they receive

Kids Helpline operates Australia wide

Get in touch,

1800 55 1800

kidshelpline.com.au

Available 24/7

