

Young People's Mental Wellbeing

August 2020



Resources for Young People

There are lots of great ways children can use connected devices to assist them with good mental wellbeing. A free and comprehensive guide available to help parents and carers support and guide children to having safe experiences is online here: <https://www.esafety.gov.au/key-issues/covid-19/advice-parents-carers>

Beyond Blue	Phone support, web chat and online community. Online counselling is available.	https://www.beyondblue.org.au/ (1300 22 4636)
eHeadspace	Phone, online and email support for young people between the age of 12-25, including work and study support programs for 15-25 year olds	https://eheadspace.org.au/ (1800 650 890)
ReachOut	Practical digital support tools, resources and tips for young people and their parents.	https://au.reachout.com/
#YouCanTalk	A national suicide prevention campaign, led by some of Australia's mental health and suicide prevention organisations, which aims to empower and increase confidence when it comes to talking about suicide.	https://lifeinmind.org.au/youcantalk
Beyond Blue Check-in	A free app from Google Play and the Apple App Store designed with and for young people to help take the fear out of having a conversation with a friend who might be struggling. It was designed with and for young people. The app provides links to a range of online and phone services appropriate for young people in Australia.	https://play.google.com/store/apps/details?id=au.com.beyondblue.checkin https://apps.apple.com/au/app/youthbeyondblue-the-check-in/id881323078
Coronavirus Mental Wellbeing Support	Tailored for young people, with access to experienced counsellors by phone or webchat for brief counselling, advice and referral as well as online peer to peer support forums.	https://coronavirus.beyondblue.org.au/
Smiling Mind	Mental health and meditation app for young people to boost calmness and contentment	www.smilingmind.com.au
Youth Beyond Blue	Beyond Blue's dedicated site for youth. Information, resources and support for young people dealing with depression and/or anxiety	www.youthbeyondblue.com
Bite Back	Online positive psychology program aimed at improving overall wellbeing and resilience	www.biteback.org.au
The Brave Program	Free online anxiety program for children	www.youthbeyondblue.com/do-something-about-it/treatments-for-anxiety-and-depression/the-brave-program

Seek Professional Assistance for young people's wellbeing if needed

The main resources for children and young people can be found at the Department of Education website.

Kids Helpline	Have launched new resources and programs in response to COVID, in particular a specific 4-week online peer-to-peer support program to help support young people aged 13-25 with issues they may be experiencing at this time	kidshelpline.com.au or call 1800 55 1800
Eheadspace	includes one-on-one chat, group chat and spaces	https://headspace.org.au/eheadspace/
The Butterfly Foundation	Free and confidential phone, text and email counselling and treatment referral for eating disorders, disordered eating, body image and related issues	thebutterflyfoundation.org.au/

