

Mental Health Resources

Support lines and websites

Headspace Australia

1800 650 890

<https://headspace.org.au/eheadspace/>

Counselling, group support chat, and toolkit for 12-25 year olds.

Kids Helpline

1800 55 1800 (24/7)

kidshelpline.com.au

Counselling for young people aged 5 to 25.

Lifeline

13 11 14 (24/7)

lifeline.org.au

For anyone having a personal crisis.

Beyond Blue

1300 22 4636 (24/7)

beyondblue.org.au

Anyone feeling anxious or depressed.

MensLine Australia

1300 78 99 78 (24/7)

mensline.org.au

Men with emotional or relationship concerns.

Suicide Call Back Service

1300 659 467 (24/7)

suicidecallbackservice.org.au

Support for anyone thinking about suicide.

MindSpot

1800 61 44 34

mindspot.org.au

Free service for people with stress.

QLife

1800 184 527

qlife.org.au

Anonymous LGBTIQ+ peer support.

ReachOut NextStep

<https://au.reachout.com/urgent-help#nextstep>

Personalised support in 3 steps.

SANE Australia

1800 18 7263

www.sane.org

Support for those with mental illness.

Apps & interactives

R U Triple OK?

<https://www.ruok.org.au/triple-ok>

Resources and community for police, fire, and emergency service workers and volunteers.

Smiling Mind app

<https://www.smilingmind.com.au/>

A free mindfulness app for practicing daily meditation.

MoodMission app

<https://moodmission.com/>

An app for dealing with stress, low moods and anxiety.

Self-Compassion resources

<https://self-compassion.org>

Guided meditations, exercises, training, and self assessment, by Dr Kristin Neff.

myCompass web-based tool

<https://www.mycompass.org.au/>

A personalised self-help tool for your mental health, by Black Dog Institute.

ReachOut Breathe app

<https://au.reachout.com/tools-and-apps/reachout-breathe>

Smartphone app to teach mindful breathing.

Keep track of your favourite resources, links, and apps here

Useful websites for families and friends of young volunteers

Are They Triple OK?

<https://www.ruok.org.au/triple-ok>

Resources and community for police, fire, and emergency service workers and volunteers, and their family and friends.

Headspace Australia

<https://headspace.org.au/friends-and-family/mental-health/>

Information for family and friends to learn about how to support emerging health problems.

Beyond Blue

<https://www.beyondblue.org.au/the-facts/supporting-someone/>

Information for family and friends supporting someone with a mental health condition.

ReachOut

<https://parents.au.reachout.com/>

Information about mental health, community forums, and support for parents of young adults.



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