

## Student Wellbeing Resources & Support Services

### Coping strategies to consider when times are tough:

- ✓ Create a **routine** and plan your day around your routine.
- ✓ Do things that make you feel **safe; connect** to people who are helpful to your wellbeing.
- ✓ Do things you've done in the past to help manage challenge and stress; reflect on your own **coping strategies** and write them down, put them in a place you can access daily.
- ✓ Engage in activities that promote a sense of **calm** and feeling **grounded; mindfulness, meditation** or **breathing** exercises.
- ✓ Ensure you are getting enough **sleep** (9 hours), eating a good variety of **healthy foods** each day, plenty of **water** and aiming for at least 30 – 60 minutes of **exercise** a day.
- ✓ Find ways to **relax**, spend 10 minutes a day breathing slowly and calmly or use one of the breathing apps.
- ✓ Learn something new or get **creative**; check YouTube for more ideas. Watch or read something **uplifting**.
- ✓ Limit exposure to information from social media and the news. Source **positive news** pages and uplifting stories instead.
- ✓ Listen to **music**, choose something that makes you feel good and make a playlist.
- ✓ Make a list of **activities** that you can do at home with your family, with siblings or by yourself.
- ✓ Practice **gratitude** and write a list and draw 10 good things in your life and the world. Or you could start a journal and write down 3 things you are grateful each day.
- ✓ **Talk** with a **trusted adult** if it all feels a bit much.

## LOCAL YOUTH COUNSELLING SERVICES

### HEADSPACE NARRE WARREN

Phone: 1800 367 968

Address: 66 Victor Crescent, Narre Warren 3805

<https://headspace.org.au/headspace-centres/narre-warren/>

Services include:

- 1:1 counselling
- Groups

Requirements:

- Mental Health Care Plan  
Speak to your local doctor or General Practitioner (GP) and help make a plan. Or you can search for a health service and GP on [healthdirect](#)

### CASEY YOUTH SERVICES

Phone: 9792 7279

Address: Narre warren, Hampton Park, Cranbourne

<https://www.casey.vic.gov.au/get-counselling-support>

If you're not comfortable calling, text a counsellor on [0417 347 909](tel:0417347909) to start the conversation.

Services include:

- Personal Development – programs, workshops and activities.
- Youth Support Program – short to medium term counselling

Requirements:

- No Mental Health Care Plan needed
- 10-12 years old need parents' permission

## YOUTH POSITIVE PATHWAYS DIRECTORY



*Local Service Directory for Program Activities/ Additional Support/ Urgent Support and Emergency Support for Young People and Families*

Phone: 9705 5200

<http://youthpositivepathways.com.au/>

Alcohol and Drug Services  
Counselling  
Family Violence

Health Services  
Family/Relationship Support  
Employment Services

## ONLINE & TELEPHONE SUPPORT SERVICES



Free online chat or email and telephone support

### Phone

**1800 55 1800**  
(24/7)

### Webchat

<https://kidshelpline.com.au/get-help/webchat-counselling/>  
(24/7)

### Email

<https://kidshelpline.com.au/get-help/email-counselling/>  
(8am – 10pm – this is not an immediate response)



Free online chat, text or telephone support

### Phone

**13 11 14**  
(24/7)

### Webchat

<https://www.lifeline.org.au/crisis-chat/>  
(7pm-Midnight)

### Email

<https://www.lifeline.org.au/crisis-text/> (12pm-Midnight)



Free online and telephone support

### Phone

**1300 224 636**  
(24/7)

### Webchat

<https://online.beyondblue.org.au/#/chat/start>  
(1pm to 12am, 7 days a week)

### Email





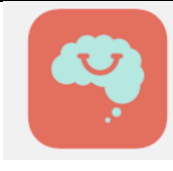

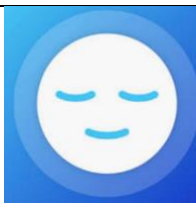
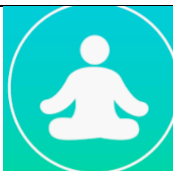
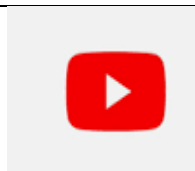


<https://online.beyondblue.org.au/email/#/send>  
(24 hours to receive response)

### Emergency Services - Police Fire Ambulance

#### Phone 000

- Do you want Police, Fire or Ambulance?
- Stay calm, don't shout, speak slowly and clearly.
- Tell us exactly where to come — Give an address or location.

## WELLBEING APPS

<u>Stress Management Phone Apps</u>			<u>Mindfulness/Breathing Phone Apps</u>			<u>Exercise Apps</u>				
Name	Availability	Description	Name	Availability	Description	Name	Availability			
<b>Reach Out Worry time</b>		Apple App Store Google Play	Stress and Anxiety Management	<b>Reach Out</b>		Apple App Store Google Play	<b>Breathing</b>	5 minute yoga		Apple App Store Google Play
<b>SAM</b>		Apple App Store Google Play	Anxiety Management	<b>Smiling Mind</b>		Apple App Store Google Play	<b>Guided Mindfulness Program</b>	7 minute workout		Apple App Store Google Play
<b>Mindshift</b>		Apple App Store Google Play	Stress and Anxiety Management	<b>Mental Stillness</b>		Apple App Store Google Play	<b>Guided Meditation</b>	Youtube		Yoga with Cassandra Yoga with Adriene Chloe Ting Workouts MadFit at home Gym workouts
<b>Mood Mission</b>		Apple App Store Google Play	Activity Tools to manage negative and low moods	<b>Headspace</b>		Apple App Store Google Play	<b>Guided Meditation</b>	<b>Helplines</b> <b>Kids Helpline</b> - 1800 55 1800 (phone & webchat) <b>Beyond Blue</b> - 1300 22 4636 (phone & webchat) <b>Lifeline</b> - 13 11 14 <b>e-Headspace</b> - Webchat <b>Emergency Services (Police, Ambulance, Fire)</b> - 000		