

Mental Health Support

The current climate can present challenges to both our own or a family member's mental health. It is important to seek support if feelings of worry and anxiety are continually affecting our daily lives. This may include talking to a family member, a friend and/or accessing support from your GP or a mental health professional.

The following is a list of *some* support services available with hyperlinks to each agency's website on the logo.

Kids Help Line

Kids Helpline is a private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.



Contact 1800 551 800

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.



To access support you can either call (24 hrs a day, 7 days a week), chat online, email or join their forum.

Contact 1300 224 636

Lifeline

Lifeline is a national charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services.



Contact 13 11 14

Family and Child Connect is a free service to help you with the challenges of parenthood.

We can connect you to local services that can help with:

- managing your child's behaviour
- building better family relationships
- stopping any violence at home
- budgeting and managing money
- alcohol, drug or gambling problems
- housing, health care or other community or government services



Contact 13 32 64



(CYMHS) Child and Youth Mental Health Services

The Child and Youth Mental Health Access team is a community based service for children and young people aged 0-18 years and their families in the Gold Coast region who are experiencing **severe / complex** psychological, emotional and/or behavioural problems.

To make a referral for your child call the CYMHS Access Service is available between the hours of 8.30am-5pm. This intake process may lead to further face to face assessment of the individual or result in an assisted referral to alternative specialised services.

Contact (07) 5635 6392

Headspace



Level 1, H20 Broadwater, 1/2 Nind Street, Southport, Qld, 4215

P:(07) 5509 5900

F:(07) 5527 1251

E: reception@headspacesouthport.org.au

Are you 12-25 and need someone to talk to?

At **headspace Southport**, we've got your back. Our services are free or low cost, and will ensure that your privacy and confidentiality are maintained and respected. At **headspace**, our primary focus is the wellbeing of young people and we understand that getting help early is important in resolving problems effectively.

'YOU CAN CALL HEADSPACE FOR SUPPORT'

Contact (07) 5509 5900

Click the above Qld Government logo to access more information on mental health services available.

Phone 1300 MH CALL (1300 642 255), which is a confidential mental health telephone triage service that provides the first point of contact to public mental health services.

Contact 1300 642 255

Community Recovery Hotline

Queensland Government – Community Recovery Hotline: **1800 173 349**

If you have no means of getting food or essential items, call the community recovery hotline. This hotline is for people who are quarantining and have no support.

Contact 1800 173 349

Head to Health

Head to Health

If you're trying to improve your own mental health, or support somebody else with mental health issues, Head to Health provides links to trusted Australian online and phone supports, resources and treatment options. Resources are available that relate directly to the current COVID-19 pandemic.

Website: <https://headtohealth.gov.au/>

1800 Respect



Confidential information, counselling and support service, open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse.

Online chat: <https://chat.1800respect.org.au/#/welcome>

Contact 1800 737 732

Parentline



A confidential telephone service providing professional counselling and support for parents and carers of children in Queensland and the Northern Territory. Call: 1300 30 1300 (8am-10pm, 7 days a week)

Contact 1300 301 300

Relationships Australia



A leading provider of relationship support services for individuals, families and communities. The aim is to support all people in Australia to achieve positive and respectful relationships.

Call: 1300 364 277 (Mon-Fri 8am-8pm/ Sat 10am-4pm)

Contact 1300 364 277

MensLine Australia



A professional telephone and online support and information service for Australian men 24/7.

Online/Video Counselling: <https://mensline.org.au/phone-and-online-counselling/mensline-australia-online-counselling/>

Contact 1300 789 978

Reachout



Reachout.com

An online youth mental health service that helps young people with information, support and stories on everything from finding motivation to getting through tough times.

Online interactive programs (all free apps)

 <p>Online program to help you manage worry and anxiety. Includes up to 10 sessions that you can work through at your own pace. Comprises both youth and parent components.</p>	 <p>Mindfulness meditation can be a valuable tool for improving your mental wellbeing. Research has shown that regular mindfulness practice can help you feel calmer and more positive, as well as giving you more energy, clarity and focus. Smiling Mind guides you through simple meditation exercises to get you started on your mindfulness journey. Colourful and warm, the app uses engaging illustrations and short meditation sessions to train you to become more aware of your breath and your senses, so you can bring mindfulness into your everyday routine.</p>	  <p>Helps young people to help take the fear out of having a conversation with a friend who might be struggling. The app takes you through four steps, super easy and super quick, getting you to think about where you might check in, what you might say and how might you support your friend.</p>
 <p>ReachOutWorryTime</p> <p>Telling yourself to stop worrying rarely works – it is very difficult to just forget about something that is causing you anxiety, stress or sadness. But if you tell your mind you have permission to worry later, for a set period of time, you can take some control over those upsetting thoughts, so they cause less disruption throughout the rest of the day. ReachOut WorryTime helps you track what you are worrying about, so you can notice patterns and try to address recurring themes. And chances are, by the time your worry session does come around, it won't seem so worrying after all.</p>	 <p>A popular interactive program that teaches cognitive-behaviour therapy skills for preventing and coping with depression. Participation is free and anonymous.</p>	 <p>'Mood Mechanic Course' – An online program for stress, worry, anxiety and depression in people aged 18-24. The course aims to help people to learn to break unhelpful habits and learn to overcome symptoms.</p>