A GUIDE TO SERVICES AVAILABLE TO YOUNG PEOPLE IN WA

When you want a happy app:

Headspace
| Learn to meditate
www.headspace.com/headspace-meditation-app

Reachout Worry Time App
| Don’t get caught up in your worries all day
www.reachout.com/tools-and-apps/reachout-worrytime

Reachout Tools and Apps List
| Find an app to suit your needs
www.reachout.com/tools-and-apps

Smiling Mind
| Relaxation app
www.smilingmind.com.au

The Check-in app
| If you want to check in with a friend
www.youthbeyondblue.com/help-someone-you-know/thecheck-in

Learn about wellbeing and relationships:

Bite Back
| Discover ways to amplify the good stuff in life,
www.biteback.org.au

Black Dog
| Information on mood disorders such as depression and bipolar disorder
www.blackdoginstitute.org.au

Freedom Centre
| Information on sexuality, gender, sex and your general health
www.freedom.org.au

Get the Facts
| Information on sexual health relationships
www.getthefacts.health.wa.gov.au

Headspace
| Information and fact sheets on how to help yourself and others through difficult times
www.headspace.org.au

Head to Health
| Find the right mental health resources for you
www.headtohealth.gov.au

Kids Healthline
| Information on physical and mental illness
www.kidshealthline.org.au

Reachout
| Information on how to deal with problems and cope well
www.reachout.com.au

Youth Friendly Doctors
| Looking for a youth friendly doctor?
youthfriendlydoctor.com.au

For more information on services go to:

NOV19

Government of Western Australia
WA Country Health Service

HIP POCKET HELP GUIDE
Everybody needs a hand sometimes!

Community School Health Nurses offer a range of free and confidential services.

If you need to chat, are looking for advice or have a health issue then contact the community health nurse at your school. Or, contact any of these services:

When you feel in crisis, call:

- Call 000 in an emergency or visit your local emergency department

  - Alcohol and Drug Support Line | 24 hours | 1800 198 024
  - Beyond Blue Info Line | 24 hours | 1300 224 636
  - Crisis Care | 24 hours | 1800 199 008
  - Kids Helpline | 24 hours | 1800 551 800
  - Lifeline WA | 24 hours | 13 11 14
  - RuralLink (Rural Communities) | 4.30pm–8.30am M-F | 1800 552 002 | 24 hours Sat, Sun and Public Holidays
  - Sexual Assault Resource Centre (SARC) | 24 hour emergency line | (08) 6458 1828 | 1800 199 888
  - Suicide Call Back Service | 24 hours | 1300 659 467

When you want to chat:

(Options online, over the phone or in person)

- eHeadspace | 1800 650 890 | www.headspace.org.au
- Kids Helpline | 1800 551 800 | www.kidshelpline.com.au
- Lifeline | 13 11 14 | www.lifeline.org.au
- QLIFE | 1800 184 527 | www.qlife.org.au
- YMCA Youth Services, including Youthcounselling | (08) 9328 3522 | www.ymcawa.org.au
- Youth Beyond Blue | 1300 224 636 | www.youthbeyondblue.com
- Youth Focus | 08) 6266 4333 | www.youthfocus.com.au

YOU ARE ONE OF A KIND!