LISTENING
Need to chat? Looking for advice?
BELIEVING
CARING
Contact the Community School Health Nurse at your school or student service team or contact any of these services.

For more information on services: www.wacountry.health.wa.gov.au/schoolhealth

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 a happy app:
(find them on the App Store or Google Play)

Headspace | Learn to meditate www.headspace.com/headspace-meditation-app
Reachout Worry Time App | Don’t get caught up in your worries all day | au.reachout.com/tools-and-apps/reachout-worrytime
Reachout Tools and Apps List | Find an app to suit your needs au.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 but are concerned about saying the wrong thing | www.youthbeyondblue.com/help-someone-you-know/thecheckin

Learn about wellbeing and relationships:

Bite Back | Discover ways to amplify the good stuff in life, track your mood and share stories | www.biteback.org.au
Black Dog | Information on mood disorders such as depression and bipolar disorder | www.blackdoginstitute.org.au
Freedom Centre | information about 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 your needs | www.headtohealth.gov.au
Kids Helpline | Information on friendships, body image, problem solving, feelings and stress www.kidshelpline.com.au
Reachout | Information on how to deal with problems and cope well | www.reachout.com.au

YOU ARE ONE OF A KIND!