

**Apps**  

 **Beyond Now Suicide Safety Plan**

Free app you can use to create a suicide safety plan to help you cope when you're feeling suicidal.

 **Niggle**

Free app for young people for all things related to mental, social, and emotional wellbeing.

 **ReachOut WorryTime**

Free app to learn skills to manage worry.

 **Smiling Mind**

A free mindfulness meditation website and app

 **ReachOut Breathe**

Free app which reduces the physical symptoms of stress and anxiety by teaching you to slow down your breathing and heart rate.

 **The Check-In**

A free app to help young people take the fear out of having a conversation with a friend who might be struggling.

 **MoodMission**

Learn strategies to overcome low mood and anxiety. Free to access, in-app purchases available.

**Suggestions for You**

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National Standard 2. Partnering with Consumers

# Psychology resources in the community for young people

This pamphlet can help you find support when you leave hospital



## Community Services

### Speak to your GP

Your GP can be a valuable source of information about psychologists in your local area. Medicare rebates may be available to you through a Mental Health Care Plan.

### Find a Psychologist

There are a range of private psychologists working in the community. A good place to start is [www.findapsychologist.org.au](http://www.findapsychologist.org.au).

### Acute Response Team

Provides crisis support for young people aged up to 18 years. Young people and their families can contact **(07) 3068 2555**, 24 hours every day.

### Kids Helpline

Provides crisis support for young people aged 2 to 25 years. Open 24 hours, 7 days per week. Online chat support also available at **1800 55 1800** [www.kidshelpline.com.au](http://www.kidshelpline.com.au)

### Schools

You can also speak to your school counsellor, psychologist, or chaplain if you need support.

### Child and Youth Mental Health Service (CYMHS)

For young people aged 12 to 18 years of age. CYMHS provides support to young people experiencing a range of mental health issues. [www.childrens.health.qld.gov.au/chq/our-services/mental-health-services](http://www.childrens.health.qld.gov.au/chq/our-services/mental-health-services)

### Headspace

Headspace provides free online and telephone support and counselling for young people aged 12 to 25 years. [www.headspace.org.au](http://www.headspace.org.au)

## Digital Resources

### Head to Health

Type what you need help with in the search bar and the page will suggest services, programs, and apps. [www.headtohealth.gov.au](http://www.headtohealth.gov.au)

### Youth Beyond Blue

Information, online and phone counselling for young people 12 to 25 years. **1300 224 636** [www.youthbeyondblue.com](http://www.youthbeyondblue.com)

### Bite Back

Online activities, information, and positive psychology to promote wellbeing in young people aged 12 to 25 years. [www.biteback.org.au](http://www.biteback.org.au)

### MindSpot

'Mood Mechanic Course' is an online program for stress, worry, anxiety, and depression in people aged 18 to 25 years. [www.mindspot.org.au/mood-mechanic-course](http://www.mindspot.org.au/mood-mechanic-course)

### This Way Up TeenStrong

Online course for teens. Instructions available for referring therapist to provide support (fee involved). [www.thiswayup.org.au](http://www.thiswayup.org.au)

### CanTeen

Phone, online, and email counselling to help young people aged 12 to 24 years cope with cancer. **1800 835 932** [www.canteen.org.au](http://www.canteen.org.au)

### QLife

Anonymous LGBTIQ+ peer support, telephone, and webchat services. **1800 184 527** [www.qlife.org.au](http://www qlife.org.au)

### Yarn Safe

Online mental health resources for Aboriginal and Torres Strait Islander young people <https://headspace.org.au/yarn-safe/>