

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

.....

.....



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.

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

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

Headspace

Headspace provides free online and telephone support and counselling for young people aged 12 to 25 years. 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

Youth Beyond Blue

Information, online and phone counselling for young people 12 to 25 years. **1300 224 636** 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

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

This Way Up TeenStrong

Online course for teens. Instructions available for referring therapist to provide support (fee involved). 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

QLife

Anonymous LGBTIQ+ peer support, telephone, and webchat services. **1800 184 527** www.qlife.org.au

Yarn Safe

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