

Year 12: Supports, Resources, People to Contact

headspace

headspace Spaces: create your customised information portal using headspace resources: <https://headspace.org.au/ehespace/spaces/personal/setup>

COVID-19 resources and support: <https://headspace.org.au/covid-19/>

Group chats: an opportunity to speak anonymously online to mental health professionals and hear from others about a topic that will be discussed:

<https://headspace.org.au/ehespace/group-chat/upcoming-chats/>

ehespace: confidential and free 1-on-1 online support for 12 – 25 year olds. Talk about what's on your mind, get information about what help is available, treatment options and how you can build new coping skills. Open 9am – 1am (Melbourne time) 7 days a week:

<https://headspace.org.au/ehespace/connect-with-a-clinician/>

headspace Digital Work and Study Service: free and confidential support from work and study specialists for 15-25 year olds (for everything from creating a winning resume, career planning, job searching, interview preparation, contact and collaboration with employers and social firms, navigating Centrelink, exploring education options and sourcing financial support for your education). Phone and online chat contact options, as well as online resources: <https://headspace.org.au/young-people/digital-work-and-study-program/>

Lifeline

Kids Helpline: There's a lot of information and confusion about COVID-19. If you're feeling stressed, worried or anxious, Kids Helpline is for anyone aged 5 to 25 and it operates 24/7. Give them a call (1800 55 1800), start a WebChat or send an email:

<https://kidshelpline.com.au/>

ReachOut

COVID-19 resources: <https://au.reachout.com/collections/coping-during-coronavirus>

ReachOut Forums: a supportive, safe and anonymous space for 14-25 year olds to chat and connect. You can read what others are saying about similar situations, ask questions if you want to, work through your worries anonymously and connect with like-minded people:

<https://au.reachout.com/forums>

Local Services

Patientinfo is a health information portal for the Hunter New England area (including Newcastle, Lake Macquarie and the Hunter Valley). Go to 'Youth Health', then 'Getting Help for Mental Health Issues' for information about local services: <http://patientinfo.org.au>

Resources and Supports for Parents and Carers of Year 12 Students

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Raising sensitive issues and working to resolve problems that arise along the way can be challenging. It can also be hard as a parent to know the difference between normal behaviour, such as moodiness, irritability and withdrawal, and an emerging mental health problem. headspace have a section for friends and family designed to help you:

<https://headspace.org.au/friends-and-family>

Lifeline

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

Lifeline's **telephone crisis support service** is available 24/7 on 13 11 14

Lifeline Text is available nightly from 6pm to midnight every day on 0477 13 11 14

Crisis Chat is available from 7pm to midnight every day: <https://www.lifeline.org.au/get-help/online-services/crisis-chat>

ReachOut

Online resources for parents on supporting teens:

<https://parents.au.reachout.com/collections/supporting-your-teen-during-coronavirus>

Personalised, one-on-one free and confidential support for parents who are concerned about their teen: <https://parents.au.reachout.com/one-on-one-support>

Local Services

Patientinfo is a health information portal for Hunter New England. Go to 'Youth Health', then 'Getting Help for Mental Health Issues' for information about local services:

<http://patientinfo.org.au>