

## Useful websites



### headspace

Provides support to young people aged 12 to 25 who are going through a tough time, including anxiety, depression, bullying and body image.



### ehedspace

Internet chat, email or phone support for young people (12-25 years) with a range of issues. Call the helpline on **1800 650 890**.



### REACHOUT.com

An online youth mental health service that helps young people with information, support and stories on everything from finding motivation to getting through tough times.

### REACHOUT.com Parents

Reliable information for parents about supporting young people's mental health and wellbeing



HELPING YOU SUPPORT YOUNG PEOPLE'S WELLBEING

Parents



**Black Dog  
Institute**

### Black Dog Institute

Creating a mentally healthier world: The Black Dog Institute website has been designed to assist anyone seeking help or information about mental health and wellbeing.



### Bite Back

Share real and personal stories with others, check out videos, blogs and interviews of interesting people, check and track your mental fitness, and get your teeth stuck in to a bunch of activities.

## Supporting family members with a mental health condition



### Young Carers

Gives you tips on how to look after yourself and the person you are caring for. You can also call their help line on **1800 242 636**.

**WANT to TALK? CALL 1800 242 636**