

## Mental Health Support Contacts - Harrison School



 <p>Is a free or low cost, confidential service where 12 to 25 years old can access mental health professionals. Offer a range of supports for young people worried about their drug and alcohol use, mental, physical or sexual well-being, 1800 650 890.</p>	 <p><b>1800 55 1800</b> A free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25, 1800 551 800.</p>
 <p>Provides free, 24-hour Telephone Crisis Support service in Australia. Volunteer Crisis Supporters provide suicide prevention services, mental health support and emotional assistance, not only via telephone but face-to-face and online, 13 11 14.</p>	 <p>Provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live, 1300 224 656.</p>
 <p>Carers ACT offer a range of supports and services designed to nurture, connect and empower carers through practical support such as short-term replacement care when you need a break, counselling, educational workshops, social and therapeutic activities and advocacy, 1800 052 222.</p>	 <p>SANE Australia: is a national mental health charity making a real difference in the lives of people affected by complex mental health issues through support, research and advocacy, 1800 187 163.</p>
 <p>24hr hotline to support those who may be experiencing or impacted by sexual, domestic or family violence, 1800 737 732.</p>	 <p>Health Direct: 24hr free health advice line staffed by registered nurses, 1800 022 222.</p>
<p>ACCESS: Usually an adult mental health service but can currently be used for youth services, 1800 629 354 or 6205 1065.</p>	

## Wellbeing Apps - Harrison School



 <p><b>ReachOut Breathe</b> helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate with your iPhone, phone or Apple Watch</p>	 <p><b>SAM (Self Help for Anxiety Management):</b> is an app targeting individuals experiencing symptoms of anxiety. It provides users with a symptom tracker, educational articles and external links, relaxation techniques, and additional coping skills and practice for managing anxiety.</p>
 <p><b>Smiling Mind</b> is a Mindfulness and Meditation app to help reduce anxiety/stress.</p>	 <p><b>Mindshift</b> uses scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.</p>
 <p><b>Habitbull:</b> is an app designed to help develop good habits and break others. Calm Halm: provides tasks that help you resist or manage the urge to self harm. You can add your own tasks too and it's completely private and password protected.</p>	 <p><b>Super Better:</b> builds resilience - the ability to stay strong, motivated and optimistic even in the face of change and difficult challenges.</p>
 <p><b>Calm:</b> Meditation App to reduce stress and anxiety, improve sleep and overall well-being.</p>	 <p><b>Reflectively:</b> Journaling App to structure and reflect on thoughts and feelings.</p>