



Support services for the young person

Lifeline:	13 11 14 (24 Hrs)
Kids Helpline:	1800 55 1800 (24 Hrs)
Online Counselling:	www.kidshelpline.com.au
Suicide Support Services:	1800859585 (5pm-9am weekdays, 24hrs weekends)
Suicide Call Back Services:	1300 659 467 (Free nation-wide telephone support for those displaying suicidal behaviour, and their carers)

ONLINE RESOURCES

- www.youthbeyondblue.com Information on depression, anxiety, and suicide prevention
- www.reachout.com.au Interactive forum for young people to access support and assistance
- www.headroom.net.au Information / resources for young people, their family, and friends
- www.sane.org National charity aimed at enhancing mental health
- www.somazone.com.au Information about health and well-being issues

Crisis Contacts - General

Emergency ambulance: 000

Hospital Emergency Department

Gold Coast Hospital: 108 Nerang St, Southport 55198211 (24hrs)

Robina Hospital: 2 Bayberry Lane, Robina 56686399 (24hrs)

Tweed Hospital: Powell Street, Tweed Heads 55067416 (24hrs)

Child & Youth Mental Health Services: 56356392 (9am-5pm) 55370660 (after 5pm)

ATODS (Alcohol and Other Drug Services in Queensland) available 24 hours, 7 days a week by calling 1800 177 833 (freecall). <https://www.health.qld.gov.au/public-health/topics/atod/services/default.asp>

Alcohol and other drugs (AOD) services provide people with a range of interventions that influence and support the decision to reduce or cease harmful substance use. Referrals to alcohol and other drugs services can come from the individual experiencing the problem, family and friends, community services, Hospital and Health Services, GPs, Police, Courts and Corrective Services.

Lifeline 13 11 14 (cost of a local call). www.lifeline.org.au For urgent assistance call Lifeline which is a 24-hour telephone counselling service.



Kids Help Line 1800 55 1800 (free call from land line) www.kidshelp.com.au. Kids Help Line offers free confidential 24-hour telephone counselling services for 5 to 18 year olds in Australia. On the Kids Help Line site, you can email a counsellor or chat to one online between 3pm and 9pm Queensland time, Monday to Friday and 10am and 4pm Queensland time, Saturday.

Youth beyondblue info line 1300 22 4636 www.youthbeyondblue.com. For the cost of a local call, the beyondblue info line provides callers with access to information and referral to relevant services for depression and anxiety-related matters.

Headspace. www.headspace.org.au Go to the website to find information, support and help near you. The National Youth Mental Health Foundation - offers a comprehensive website and one-stop-shop services that are youth-specific, and therefore youth-friendly. Headspace employs a range of different health workers and programs with a focus on the needs of young people. These include; GPs, psychologists, alcohol and drug workers, as well as education and employment programs.

Orygen Youth Health www.oyh.org.au. Orygen Youth Health aims to ensure that young people are able to access high-quality mental health, and drug and alcohol services provided in friendly, accessible environments.

Reach Out! www.reachout.com.au. Reach Out! is a web-based service which aims to inspire young people to help themselves through tough times. The Reach Out! site has fact sheets and personal stories about a wide range of health and lifestyle issues, as well as profiles of famous people, an e-newsletter and a database where you can look for help in your area. Reach Out! is an initiative of the Inspire Foundation.

Reach Out! Central www.reachoutcentral.com.au. Designed specifically for young people, Reach Out Central (ROC) is an interactive program **that's** designed to help you explore how your thinking, behaviour and feelings all interact with each other, and to help you improve and learn new life skills.

The Inspire Foundation www.inspire.org.au. The Inspire Foundation combines technology with the direct involvement of young people to deliver innovative and practical online programs that prevent youth suicide and **improve young people's mental health and wellbeing**.

Somazone www.somazone.com.au. Somazone is a website that was developed by young people for young people, with the assistance of the Australian Drug Foundation (ADF). The website focuses on health and lifestyle issues such as mental health, drug- use, relationships and body image, with fact sheets, personal stories and advice on where to get help.

Itsallright www.itsallright.org. Itsallright.org is **SANE's** website for young people with a parent or friend affected by mental illness.

MoodGYM www.moodgym.anu.edu.au. MoodGym is an online treatment program, where you can learn the Cognitive Behaviour Therapy (CBT) techniques that are used to prevent and treat depression.

depressioNet www.depressionervices.org.au. depressioNet is an independent resource for information, help and support. depressioNet offers a 24-hour email service to answer depression-related questions and help locate resources available in your area. There is also the opportunity to communicate with others via their chat room and message board.

The Black Dog Institute www.blackdoginstitute.org.au. The Black Dog Institute website contains:

- ┆ expert information on depression and Bipolar Disorder
- ┆ information about causes and treatments
- ┆ online self-assessment tools
- ┆ a section on getting help for people experiencing depression and their carers
- ┆ a page on depression in teenagers and young adults:
www.blackdoginstitute.org.au/public/depression/inteenagersyoungadults.cfm



Anxiety Network www.anxietynetwork.com.au. Anxiety Network Australia was established as an information, education and support resource for people all around Australia who live with anxiety disorders, their carers, relatives and health practitioners.

The Panic Anxiety Disorder Association (PADA). www.panicanxietydisorder.org.au. The PADA website provides non-clinical information about panic/anxiety attacks, the five main anxiety disorders, prevention, self-help strategies, treatment options and membership services. A printable order form is available for the purchase of books and tapes.

BluePages www.bluepages.anu.edu.au For people living with depression, BluePages provides information about the illness and about its treatments (medical, psychological and alternative). It also has a bulletin board and a state- by-state list about where to get help.

Eating Disorders Foundation of Victoria Centre for Clinical Interventions www.cci.health.wa.gov.au.

CCI has developed a number of resources for consumers, mental health practitioners, and doctors, many of which are freely available through this website.

www.eatingdisorders.org.au The Eating Disorders Foundation of Victoria is the primary source of support, information, community education and advocacy for people with eating disorders and their families in Victoria.

State-based Alcohol and Drug Information Services

* ACT - (02) 6207 9977

* QLD - 1800 177 833

* NSW - 1800 422 599 or (02) 9361 8000

* NT - 1800 131 350

* SA - 1300 131 340 or (08) 8363 8618

* VIC - 1800 888 236

* TAS - 1800 811 994

* WA - 1800 198 024 or (08) 9442 5000

National Cannabis Prevention and Information Centre

www.ncpic.org.au Cannabis Information and Helpline 1800 30 40 50

Druginfo Clearinghouse 1300 85 85 84