















STRESS





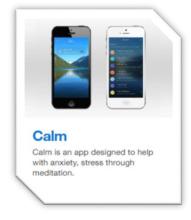
Student Wellbeing Hub

What do you need support with?

(Click on the icons to link to further information)









BRAVE

BRAVE is a self-help online CBT program for young people experiencing anxiety and their parents. Find out what professionals and young people



Smiling Mind

Smiling Mind is a mindfulness meditation website and iPhone app for young people. Get professional and youth advice for







RECHARGE

A six week program aiming to improve mood and energy levels by establishing a good sleep/wake routine.

Available from the App store and Google play

Kids Helpline

For ages 5 - 25

Free 24/7 phone and online counselling service for young people aged 5 to 25.

L 1800 55 1800

Available 24/7

Chat with us online Available 24/7

Visit kidshelpline.com.au

HELPFUL APPS

Are you in danger?

If you, or someone you are with is in immediate danger please call:

€ 000

go to your nearest hospital emergency department

Mental Fitnes Challenge

n six weeks you can:



