

# Student Wellbeing Hub

What do you need support with?

Bullying-  <https://bullyingnoway.gov.au/>

Cyberbullying-  <https://www.esafety.gov.au/esafety-information/esafety-issues/cyberbullying>

Mental Health-  <https://www.youthbeyondblue.com/>

Worried about a friend -  <https://www.youthbeyondblue.com/help-someone-you-know>

**Grief and Loss** -  - <https://au.reachout.com/search?q=Grief%20and%20loss&page=1>

**Friendships** -  <https://au.reachout.com/relationships/friendships>

**Mental Fitness**-  <https://au.reachout.com/mental-fitness>

**Careers**-  <https://myfuture.edu.au/>

# Helpful apps



## eheadspace

eheadspace is an online counselling service for young people 12-25, with clinical support. Get professional and youth advice on using it.



## My Study Life

My Study Life is a cross-platform study organising app for both students and teachers to help reduce stress.



## Calm

Calm is an app designed to help with anxiety, stress through meditation.



## BRAVE

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



**Kids Helpline**

For ages 5 - 25

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

☎ 1800 55 1800

Available 24/7

Chat with us online

Available 24/7

Visit [kidshelpline.com.au](http://kidshelpline.com.au)



## Smiling Mind

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

## Are you in danger?

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



or

go to your nearest hospital emergency department