



# HELPFUL INFORMATION



## Unsure how to take the next step?

You do not need to figure it out alone. It is a good idea to think about someone you feel comfortable with who could assist you in finding what step you would like to take next.



If you don't know who you could talk to you can call one of the services on the next page or refer to the flow chart on the front page.

## Grounding Exercise

Do you sometimes feel like you are spinning and everything is overwhelming? A helpful way to help bring yourself back into the present moment is to try a grounding exercise such as this:

- What are FIVE things you can see?
- What are FOUR things you can touch?
- What are THREE things you can hear?
- What are TWO things you can smell?
- What is ONE thing you can taste?



You get better at this the more you practice it and sometimes you might need to do it a few times to reset your mind and body to a calmer state.



## Making a Doctor's Appointment

If you are a young person over 12 you can make a doctor's appointment for yourself. You can call or you can download the Ochre app.

You do not need permission from your parent or carer.

You can decide who the medical centre has as your next of kin to call in an emergency.

If you do not have your own Medicare card or a photo of it, the medical centre can look this up for you.

What you discuss with the doctor will remain confidential. The doctor will only tell someone if there is a risk to your safety or the safety of someone else.

The doctor will bulk bill anyone under the age of 18. This means you do not need to pay anything.

A doctor can give you a Mental Health Care Plan and link you to other support services.

The doctor is there to help you and support you. You can take someone to the appointment with you if you would like to.



Are you or someone you know in danger?  
IF YOU OR SOMEONE YOU ARE WITH IS IN IMMEDIATE DANGER PLEASE CALL 000 OR GO TO THE NEAREST HOSPITAL EMERGENCY DEPARTMENT.

use this guide to find help

YOU ARE NOT ALONE



SEEKING MENTAL HEALTH SUPPORT?



## Need URGENT Help?



### Are you or someone you know in danger?

IF YOU OR SOMEONE YOU ARE WITH IS IN IMMEDIATE DANGER PLEASE CALL 000 OR GO TO THE NEAREST HOSPITAL EMERGENCY DEPARTMENT.



**Kids Helpline**  
1800 551 800

5-25 YEARS, 24 HOURS A DAY 7 DAYS A WEEK FREE PHONE AND ONLINE COUNSELLING, SUPPORT AND REFERRAL INFORMATION.  
KIDSHELPLINE.COM.AU

**Suicide Call Back Service**  
1300 659 467

IMMEDIATE TELEPHONE COUNSELLING AND SUPPORT IN A CRISIS AND ONLINE CHAT AVAILABLE 24/7 FOR AGES 15+  
SUICIDECALLBACKSERVICE.ORG.AU

**Lifeline**  
13 11 14

or text only 0477 13 11 14  
CRISIS SUPPORT AND SUICIDE PREVENTION FOR ALL AUSTRALIANS. AVAILABLE 24/7 ONLINE AND TEXT SUPPORT AVAILABLE TOO.  
LIFELINE.ORG.AU

**13 YARN**  
13 92 76

24 HOURS 7 DAYS A WEEK. IF YOU OR SOMEONE YOU KNOW ARE FEELING WORRIED OR NO GOOD, TALK TO AN ABORIGINAL OR TORRES STAIT ISLANDER CRISIS SUPPORTER.  
13YARN.ORG.AU

**Standby Support After Suicide**  
1300 727 247

SUPPORTING ANYONE WHO HAS BEEN BEREAVED OR IMPACTED BY SUICIDE AT ANY STAGE IN THEIR LIFE. 1300 727 247  
STANDBYSUPPORT.COM.AU

**1800 RESPECT**  
1800 737 732

24 HOURS A DAY 7 DAYS A WEEK. SUPPORT AND INFORMATION FOR PEOPLE IMPACTED BY DOMESTIC VIOLENCE. ACCESS TO RESOURCES SUCH AS TRAINING, WEBCHATS AND SAFETY PLANNING.  
1800RESPECT.ORG.AU

Calls to 1800 numbers are FREE from all landlines and most mobile phones. Most calls from public payphones are FREE.

## MENTAL HEALTH SUPPORT?



START HERE



Who can help?  
YOU HAVE OPTIONS



Trusted Adult

THIS MIGHT BE A FAMILY FRIEND, PARENT OR OTHER ADULT YOU FEEL SAFE TALKING TO

### OR FIND SOMEONE @

**YOUR School**

THIS COULD BE A TEACHER, A MEMBER OF THE WELLBEING TEAM OR ANY STAFF MEMBER

**GP or other service**

THIS COULD BE A DOCTOR, A PHONE LINE, AN ONLINE SERVICE OR LOCAL SERVICE YOU CAN MEET WITH

**Local Youth Group**

YOU MIGHT BE PART OF ANOTHER GROUP WHERE YOU CAN FIND A TRUSTED ADULT

**School Staff**

YOU CAN GO TO ANY STAFF MEMBER AT YOUR SCHOOL AND THEY WILL HELP YOU FIND THE SUPPORT THAT SUITS YOU BEST

**Free2B**

FREE2BGIRLS ST HELENS NEIGHBOURHOOD HOUSE

**Skittles LGBTQIA+**

THURSDAY DURING SCHOOL TERM, 3-4.30PM ST HELENS NEIGHBOURHOOD HOUSE

**YCONNECT**

THE WORKERS AT YOUTH CONNECT NORTH EAST COAST TASMANIA CAN HELP YOU FIND SUPPORT

**Doctor**

OCHRE MEDICAL @ ST HELENS 6376 1777 ST MARYS 6387 5555 COHEALTH @ BICHENO 6375 1455

**Local Services**

MANY ARE FREE. SOME NEED A REFERRAL FROM A DOCTOR. SEE LIST ON NEXT PAGES

**Helplines**

24 HOURS A DAY 7 DAYS A WEEK SEE LIST ON NEXT PAGES

**Online Support**

24 HOURS A DAY 7 DAYS A WEEK SEE LIST ON NEXT PAGES

Are you or someone you know in danger?



# LOCAL SUPPORT



SERVICE	COST	WHAT THEY OFFER	WHERE THEY WILL BE	HOW TO CONTACT
<b>St Helens District High School</b>	FREE	Offering in school support and referral pathways to students K-10	At the school	6376 7100 Or speak to someone at the school you feel comfortable with
<b>St Marys District School</b>	FREE	Offering in school support and referral pathways to students K-10	At the school	6372 3900 Or speak to someone at the school you feel comfortable with
<b>Royal Flying Doctors Service (RFDS) Youth Worker</b>	FREE	Support for young people 8-16 yrs. Recovery focused, short term interventions for those experiencing mild to moderate mental health issues.	Across Break O'Day	Referrals and Appointments 6779 1480 referrals@rfdstas.org.au
<b>Child &amp; Adolescent Mental Health Services (CAMHS)</b>	FREE	0-18 years. Assessment, advice and referrals for severe and complex mental health issues.	Launceston, Hobart, Burnie Trialling outreach model (north), visiting St Helens every 4th Thurs.	Helpline: 1800 332 388 CAMHS North office: 6777 2277
<b>Strong Families, Safe Kids Tasmanian Government</b>	FREE	Call to talk about or report safety or wellbeing concerns of a person under 18. ALSO support 10-18 yrs with multiple and significant risks i.e. unstable home, homelessness...	Contact them by phone Mon - Fri 8.30am-5.00pm Outreach available	Helpline: 1800 000 123 strongfamiliesafekids.tas.gov.au

# LOCAL SUPPORT



SERVICE	COST	WHAT THEY OFFER	WHERE THEY WILL BE	HOW TO CONTACT
<b>Rural Alive and Well (RAW)</b>	FREE	12+ yrs can access this service. Non-intrusive one-on-one support using a person-centred shared goals approach.	They come to you	1800 729 827 rawtas.com.au/callbackrequest
<b>Cornerstone</b>	FREE	Support and interventions for mild to high intensity Specific Aboriginal and Torres Strait Islander support available	Covering northern Tasmania - based in Launceston	6335 3100 cornerstoneyouthservices.com.au
<b>Relationships Australia Reconnect Program</b>	FREE	For young people 12-18 who are disengaged, homeless or at risk of homelessness, and their families.	Outreach to North and North East	1300 364 277 tas.relationships.org.au/reconnect/
<b>Wellways to Recovery</b>	FREE	Wellways to Recovery is for people, 16+, experiencing mental health issues to set their own recovery goals and reach them.	They come to you	6333 3111 or talk to your Doctor about this program
<b>Laurel House Sexual Assault Support Service (SASS)</b>	FREE	Support for anyone impacted by sexual abuse, assault or harassment.	Visiting St Helens, Fingal and St Marys	6334 2740 After hours: 1800 697 877 laurelhouse.org.au

# LOCAL SUPPORT



SERVICE	COST	WHAT THEY OFFER	WHERE THEY WILL BE	HOW TO CONTACT
<b>Counselling and Consulting Service Tasmania</b>	Discussed when making appointment	Counselling for individuals, couples, families.	Across Break O'Day and online	0419 175 948 ccstas.com.au
<b>The Brain Coach</b>	Fees Apply	Trauma and anxiety counselling, EMDR and mindfulness training.	St Helens	hi@thebraincoach.com.au
<b>Counselling and Therapeutic Services</b>	Fees Apply	Offers counselling and therapeutic services for people of all ages. Ask your Doctor about a Mental Health Care Plan.	St Helens	0438 468 640 samanthia.w@outlook.com
<b>The Crawley Clinic</b>	Fees Apply. OR Free sessions with a Mental Health Care Plan	Providing psychological services. All ages.	Outreach to St Helens, Fingal, St Marys & Bicheno	6331 0577 thecrawleyclinic.com.au
<b>Fidler and Ford</b>	Fees Apply	Providing psychological services. All ages.	Outreach to St Helens, Fingal, St Marys & Bicheno	0484 147 074 support@fidlerandford.com.au
<b>Our Place, Our Stories</b>	Fees Apply	Counselling, NDIS support for counselling and recovery. Ages 14+	Outreach to Break O'Day	0400 231 288 ourplaceourstories.org



# YOU are not alone SEEK SUPPORT

**eHeadspace**  
1800 650 890

9AM-1AM 7 DAYS A WEEK. 12-25 YRS. FREE ONLINE AND TELEPHONE SUPPORT AND COUNSELLING FOR YOUNG PEOPLE, THEIR FAMILIES, AND FRIENDS.  
HEADSPACE.ORG.AU/ONLINE-AND-PHONE-SUPPORT/

**Beyond Blue**  
1300 224 636

THE BEYOND BLUE SUPPORT SERVICE IS AVAILABLE 24/7 FOR BRIEF COUNSELLING. OUR COUNSELLORS WILL LISTEN AND HELP YOU FIND THE EXTRA MENTAL HEALTH HELP YOU NEED.  
BEYONDBLUE.ORG.AU

**Reach Out**  
au.reachout.com

A SAFE PLACE TO CHAT ANONYMOUSLY, GET SUPPORT, AND FEEL BETTER. DESIGNED WITH - AND SPECIFICALLY FOR - YOUNG PEOPLE, REACHOUT IS 100% ONLINE, ANONYMOUS AND CONFIDENTIAL, AND LETS YOUNG PEOPLE CONNECT ON THEIR TERMS.

**Bite Back**  
biteback.org.au

BITE BACK (BLACK DOG INSTITUTE) IS THE VERY FIRST ONLINE POSITIVE PSYCHOLOGY PROGRAM DESIGNED TO IMPROVE THE OVERALL WELLBEING AND RESILIENCE OF YOUNG AUSTRALIANS AGED 13 - 16 YEARS.  
BITEBACK.ORG.AU

**BREAK O'DAY YOUTH**

**Lifeline Crisis Chat**  
lifeline.org.au/crisis-chat/

LIFELINE CRISIS CHAT CAN HELP IF YOU'RE GOING THROUGH A CRISIS, FEELING OVERWHELMED OR HAVING SUICIDAL THOUGHTS. A PROFESSIONAL CRISIS SUPPORTER WILL LISTEN TO YOU AND SUPPORT YOU.

**Qlife**  
1800 184 527

3PM - MIDNIGHT, 7 DAYS A WEEK. LGBTIQA+ COUNSELLING AND SUPPORT SERVICE.  
QLIFE.ORG.AU

**A Tasmanian Lifeline**  
1800 984 434

8AM-8PM EVERY DAY OF THE YEAR. READY TO LISTEN AND SUPPORT YOU WHEN YOU AREN'T SURE WHAT TO DO.  
ATASMANIANLIFELINE.COM.AU

**Sane Australia**  
1800 187 263

10AM-10PM WEEKDAYS FOR PHONE COUNSELLING, PEER SUPPORT, INFORMATION AND RESOURCES, BLOGS AND WEBCAT.  
SANE.ORG