











Mental Health and Wellbeing Resources for Parents and Students

 <p>Australian Government Department of Health</p>	<p>National Coronavirus Helpline</p>	<p>Information Line 1800 020 080 information 1800 022 222 24 hours a day, 7 days a week</p>	<p>If you have any concerns about yourself or another family member regarding the Coronavirus, ring this Health Department free information line available 24 hours a day, 7 days a week.</p>
 <p>Queensland Government</p>	<p>13 HEALTH</p>	<p>13 43 25 84 24 24 hours a day, 7 days a week</p>	<p>Free non-urgent, confidential medical health advice over the phone available 24 hours a day, 7 days a week.</p>
 <p>Queensland Government</p>	<p>1300 MH Call (Mental Health)</p>	<p>1300 642 255 24 hours a day, 7 days a week</p>	<p>Free central call service that will refer to local crisis mental health information, available 24 hours a day, 7 days a week.</p>
 <p>Australian Government National Mental Health Commission</p>	<p>Coronavirus (COVID-19) Mental Health Information and Support</p>	<p>https://www.mentalhealthcommission.gov.au/news/2020/march/covid19-mental-health-information</p>	<p>Resources that will help keep you informed with the latest COVID-19 mental health information as well as looking after your mental health and wellbeing.</p>
 <p>schooltv.me</p>	<p>SchoolTV – Kenmore SHS</p>	<p>https://kenmoreshs.eq.schooltv.me/</p>	<p>A new online wellbeing platform designed to empower parents with credible and sound information with realistic, practical ongoing support strategies.</p>
 <p>1800RESPECT NATIONAL SEXUAL ASSAULT, DOMESTIC FAMILY VIOLENCE COUNSELLING SERVICE</p>	<p>1800 Respect</p>	<p>1800 737 732 24 hours a day, 7 days a week https://www.1800respect.org.au/</p>	<p>Free national sexual assault and domestic family violence counselling service available 24 hours a day, 7 days a week.</p>
 <p>Suicide Call Back Service</p>	<p>National Suicide Call Back Service</p>	<p>1300 659 467 24 hours a day, 7 days a week</p>	<p>Suicide Call Back Service is a nationwide service that provides professional 24/7 telephone and online counselling to people who are affected by suicide.</p>
 <p>DVCCONNECT Be heard. Be safe.</p>	<p>Queensland Sexual Assault Helpline (DV Connect Sexual Assault Helpline)</p>	<p>1800 010 120 7 days a week 7.30am-11.30pm</p>	<p>The Queensland Sexual Assault Helpline offers free telephone support and counselling to any Queenslanders who has, or thinks they may have been sexually assaulted or abused. It is also for those who are concerned someone they care about might have been assaulted or abused.</p>
 <p>Beyond Blue</p>	<p>Beyond Blue Support Service</p>	<p>1300 224 636 24 hours a day, 7 days a week https://www.beyondblue.org.au/</p>	<p>Provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age. Online chat available 3pm-12pm, 7 days a week.</p>
 <p>youth beyondblue</p>	<p>Youth Beyond Blue</p>	<p>https://www.youthbeyondblue.com/</p>	<p>Information and support for young people with mental health issues (anxiety, suicide prevention).</p>



Kids Helpline

1800 551 800
24 hours a day, 7 days a week
<https://kidshelpline.com.au/>

Free private and confidential telephone and online counselling service for children and young adults aged 5-25 year olds. Call does not appear on phone bill.



Lifeline Crisis Support and Suicide Prevention

13 11 14
24 hours a day, 7 days a week
<https://www.lifeline.org.au/>

Free telephone counselling service for anyone requiring support, anytime, from anywhere in Australia. Website has a free Crisis Support Chat function available 7pm-midnight (Eastern standard time), 7 days a week.



Relationships Australia

1300 364 277
Monday – Friday, 8am-8pm,
Saturday, 10-4pm
<https://www.raq.org.au/>

Provides extensive support to individuals and families including counselling and mediation services for concerns such as family separation, relationship and family breakdown, gambling, financial concerns, family, and domestic violence prevention. Specific programs supporting ATSI, CALD, LGBTQIA+ identified persons.



Black Dog Institute

<https://www.blackdoginstitute.org.au/>

Information and facts about mental illnesses, online self-testing and current treatments.



Butterfly Foundation for Eating Disorders

1800 33 46 73
National Helpline 8am-midnight
(AEST) 7 days a week
<https://thebutterflyfoundation.org.au/>

A free and confidential service for anyone in Australia, providing information, counselling and treatment referral for eating disorders, disordered eating, body image and related illnesses.



Headspace

<https://headspace.org.au/>

Mental and general health support, information, and services for young people and their family.



Queensland Community Recovery Hotline

1800 173 349

Information and support for recovery after a community disaster.



MensLine Australia

1300 78 99 78
24 hours a day, 7 days a week

MensLine Australia is a 24/7 professional telephone and online support and information service for Australian men.



Adis

1800 177 833
24 hours a day, 7 days a week
<https://adis.health.qld.gov.au/>

Adis is a support service for people in Queensland with alcohol and other drug concerns, and their loved ones.



Parentline

1300 30 1300
8am – 10pm, 7 days a week
<https://parentline.com.au/>

A confidential telephone service providing professional counselling and support for parents and carers of children in Queensland and the Northern Territory. WebChat available 8am to 9pm, 7 days a week.

	eSafety – Cyberbullying	https://www.esafety.gov.au/report/cyberbullying	<p>Information about how to make a complaint about cyberbullying or seriously threatening, intimidating, harassing or humiliating online behaviour (cyberbullying, trolling, digital reputation and sexting).</p>
	Bullying. No Way!	https://bullyingnoway.gov.au/	<p>Provides information for teens on what to do if you are being bullied, been called a bully or know someone who is being bullied.</p>
	ThinkUKnow	https://www.thinkuknow.org.au/	<p>Established by the Australian Federal Police, ThinkUKnow is a free, evidence-based cyber safety program that provides accessible cyber safety education to parents, carers and teachers through schools and organisations across Australia.</p>
	Reach Out	https://au.reachout.com/	<p>An online youth mental health service that helps young people with information, support and stories on everything from finding motivation to getting through tough times.</p>
	Reach Out: Parents	https://parents.au.reachout.com/	<p>Reliable information for parents about supporting young people's mental health and wellbeing.</p>