Mental Health Support for Young People
Tips for a healthy headspace

There are a number of ways to look after your mental health every day.

Some of these include:

• Eat well
• Prioritise sleep
• Be physically active
• Be socially active

For more info head to: headtohealth.gov.au or your local headspace centre for tips on creating a healthy headspace.

Apps: Reach Out recommends a range of useful apps that can support a healthy headspace au.reachout.com/tools-and-apps
It’s normal to feel overwhelmed at times and most often the feelings will pass fairly quickly.

Some good coping strategies include:

• Talking to someone
• Practicing relaxation or mindfulness
• Being creative
• Being active

However if these feelings persist contact us at headspace Knox, or go to eheadspace

eheadspace.org.au
Create your personalised safety plan using the Beyond Now app/website

My personal healthy headspace plan is:
1. ____________________________________________________
2. ____________________________________________________
3. ____________________________________________________
4. ____________________________________________________

Some things I will do if I begin to feel overwhelmed:
1. ____________________________________________________
2. ____________________________________________________
3. ____________________________________________________
4. ____________________________________________________

headspace
Knox
Contacts:

**headspace Knox** 9801 6088
**Knox Youth Services** 9298 8469
**Maroondah Youth Services** 9292 5704
**Inspiro** (Yarra Ranges Counselling) 9738 8801

After hours:

**CYMHS** (Child Youth Mental Health Services) 1300 721 927
**eheadspace**
eheadspace.org.au or call 1800 650 890
**Kids help line** 1800 551 800
**Lifeline** 13 11 14
**Beyond Blue Info Line** 1300 224 636
**ECASA** (Sexual Assault) 9870 7330 or 1800 806 292
**YoDDA** (Drug & Alcohol Advice) 1800 458 685
**My Doctor**
headspace Knox
2 Capital City Boulevard, Westfield Knox Ozone, Wantirna South
☎ 9801 6088

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When I am feeling distressed and need immediate support:

Sometimes our emotions can be overpowering and leave us feeling really distressed. In these times, it is important to reach out to a trusted support person or service for help.

When I am in distress, some people I can reach out to are:

1  ____________________________________________________________
2  ____________________________________________________________
3  ____________________________________________________________

*share your Beyond Now plan with these people
Often our feelings of distress can intensify at night or on weekends, when we are feeling most alone.

Here are some places you can contact if you are feeling distressed after hours:

**Suicide Call Back Service**  
1300 659 467

**Suicide Line Vic** 1300 651 251

**Kids Help Line** 1800 551 800

**Lifeline** 13 11 14

**eheadspace** 1800 650 890

**Beyond Blue** 1300 224 636

**ECASA** 9870 7330 or 1800 806 292
When I’m feeling distressed, I will:

1. _____________________________________________________________________
2. _____________________________________________________________________
3. _____________________________________________________________________
4. _____________________________________________________________________

For my supports: What I would like you to do to support me when I am feeling distressed is:

1. _____________________________________________________________________
2. _____________________________________________________________________
3. _____________________________________________________________________
4. _____________________________________________________________________
If you think you might act on any thoughts or plans to harm yourself, or if you are in an emergency, contact:

**Eastern Area Mental Health Services** AH 1300 721 927

**Police, Fire, Ambulance** 000

Or, ask your support person to take you to the closest hospital emergency department.