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 Greensborough, 9433 7200, or go to eheadspace eheadspace.org.au
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 Greensborough, 9433 7200, 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
Greensborough
Contacts:

headspace Greensborough
9433 7200
Nillumbik Youth Services
9433 3111
Banyule Youth Services
9457 9855
Whittlesea Youth Services
9404 8800

After hours:

Austin CYMHS (Child Youth Mental Health Services) 9496 3620
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
Northern CASA (Sexual Assault) 9496 2240
YoDDA (Drug & Alcohol Advice) 1800 458 685
My Doctor ____________________________
headspace
Greensborough
Level 1, 78 Main St, Greensborough
(Above the Westpac & Bendigo bank)
☎️ 9433 7200

This service was commissioned by Eastern Melbourne PHN and supported by funding from the Australian Government under the PHN Program.
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

**Northern CASA** 9496 2240 (crisis help)
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. _____________________________________________________________________

Greensborough
If you think you might act on any thoughts or plans to harm yourself, or if you are in an emergency, contact:

**North Eastern Area Mental Health Services** AH 1300 859 789 *(Banyule & Nillumbik)*

**North Eastern Area Mental Health Services** AH 1300 874 243 *(Whittlesea & Darebin)*

**Police, Fire, Ambulance** 000

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