



**headspace**  
Hawthorn



**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](http://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](http://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 Hawthorn or go to eheadspace

[eheadspace.org.au](http://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 \_\_\_\_\_



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## Contacts:



headspace Hawthorn  
9006 6500

360 Youth Services 9835 7824

YMCA Youth Services 9848 0088

Youth Connexions (Box Hill)  
9898 9340

Monash Youth Services  
9518 3900

## After hours:

CYMHS (Child Youth Mental Health  
Services) 1300 721 927

eheadspace [eheadspace.org.au](http://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 \_\_\_\_\_




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Level 1, 360 Burwood Rd,  
Hawthorn

 9006 6500



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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

EASA 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 \_\_\_\_\_



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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

North Eastern Area Mental Health Services AH 1300 558 862

Police, Fire, Ambulance 000

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

