



STANDING
STRONG
TOGETHER

INSTRUCTIONS

Find mental wellbeing support

Support student wellbeing and help reduce stigma around seeking help for mental health.

Promote the many support services available for young people. It's also important to remind students of the support services available within the school.

Instructions:

- 1** Print a number of the **Find Mental Wellbeing Support** posters.
- 2** Cut each individual slip along the dotted lines.
- 3** Put the poster in high-visibility areas for students to see.
- 4** Check the poster regularly and replace it when slips have been taken.

Find mental wellbeing support



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We're a Mentally Healthy School

There are a number of services available to support young people's mental wellbeing. Find the services that might help you below and pull off a slip to save the details for later.

Take as many slips as you need!

Phone support	Phone and online support	Online support
<p>Lifeline</p> <p>Australia-wide crisis support and suicide prevention service.</p> <p>13 11 14</p> <hr/> <p>Urgent mental health support</p> <p>24/7 support for young people and their families.</p> <p>1800 048 636</p> <hr/> <p>Kids Helpline</p> <p>Free and confidential 24/7 phone and online counselling for 5-25 year olds.</p> <p>1800 551 800</p> <hr/> <p>13 YARN</p> <p>24/7 crisis support for Aboriginal and Torres Strait Islander peoples.</p> <p>13 92 76</p>	<p>Beyond Blue</p> <p>Online and phone youth mental health service.</p> <p>1300 224 636 beyondblue.org.au</p> <hr/> <p>headspace</p> <p>Counselling for young people aged 12-25</p> <p>1800 650 890 headspace.org.au</p> <hr/> <p>Butterfly Foundation</p> <p>Free and confidential online or phone support for Australians concerned about eating disorders or body image issues.</p> <p>1800 334 673 butterfly.org.au</p> <hr/> <p>QLife</p> <p>Anonymous and free LGBTQ+ peer support and referral for people in Australia.</p> <p>1800 184 527 qlife.org.au/resources/chat</p>	<p>ReachOut</p> <p>A safe online place for young people to express themselves and connect with others.</p> <p>au.reachout.com</p>