

# Parent Wellbeing Hub

What do you need support with?

Click on the icons  
to link to information



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**My Study Life**  
My Study Life is a cross-platform study organising app for both students and teachers to help reduce stress.



**Calm**  
Calm is an app designed to help with anxiety, stress through meditation.



**Recharge**

**Mental Fitness Challenge**

In six weeks you can:

- Get better marks
- Improve your friendships
- Reduce stress levels
- Set goals and stick to them
- And more benefits

**Are you in danger?**  
If you, or someone you are with is in immediate danger please call:

**000**

or

go to your nearest hospital emergency department



**BRAVE**  
BRAVE is a self-help online CBT program for young people experiencing anxiety and their parents. Find out what professionals and young people think.




**Smiling Mind**  
Smiling Mind is a mindfulness meditation website and iPhone app for young people. Get professional and youth advice for using it.



**eheadspace**  
eheadspace is an online counselling service for young people 12-25, with clinical support. Get professional and youth advice on using it.



**BITE BACK**  
Black Dog Institute



**Kids Helpline**  
For ages 5 - 25

Free 24/7 phone and online counselling service for young people aged 5 to 25.

**1800 55 1800**  
Available 24/7

Chat with us online  
Available 24/7

Visit [kidshelpline.com.au](http://kidshelpline.com.au)

**RECHARGE**

A six week program aiming to improve mood and energy levels by establishing a good sleep/wake routine.

Available from the App Store and Google play