

Student Wellbeing Hub

What do you need support with?

Click on the icons
to link to information



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



Recharge



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



BITE BACK
Black Dog Institute

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



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



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

Mental Fitness Challenge
In six weeks you can:

- Get better marks
- Improve your knowledge
- Reduce stress levels
- Get goals and stick to them
- And have fun!



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.

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



Kids Helpline
For ages 5 - 25

1800 55 1800
Available 24/7

Chat with us online
Available 24/7

Visit kidshelpline.com.au

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