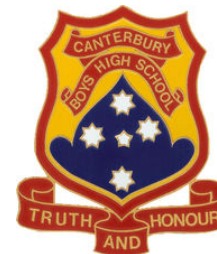


MENTAL HEALTH & WELLBEING: INFORMATION & SUPPORT ORGANISATIONS








A list of support services to support the school community of Canterbury Boys

Please see our School Counsellor or Student Support Officer for more information on any of the organisations below:

ORGANISATION	SERVICES & CONTACT DETAILS
 <p>This is the 'go to' site</p>	<p>ReachOut.com provides specially targeted information to help young people who visit the service. When they visit ReachOut.com, a young person will be guided to practical tools designed just for their needs, even when they don't know what they're looking for.</p> <p>It's great for DP's too: A one stop shop with information and links to a very broad range of services... and a good starting point for working with students who may be reluctant to engage in support programs at school.</p> <p>http://au.reachout.com/</p>
<p>THE MOST COMPREHENSIVE LIST OF HEALTH & WELLBEING APPS</p> <p>can be found in the</p> <p>Reachout.com Toolbox</p> <p>http://au.reachout.com/sites/thetoolbox</p> <p>They're endorsed by professionals and reviewed by people under 25. The site is regularly updated and links directly to the relevant App Store.</p>	
	<p>The National Safe Schools Framework provides a vision and a set of guiding principles for safe and supportive school communities that promote student wellbeing and develop respectful relationships a culture and a philosophy underpinning all that happens in the school. It identifies nine elements that help create teaching and learning communities where all members of the school community feel secure from harrasment, aggression, violence and bullying. It includes an excellent glossary of terms (incl. a clear definition of bullying).</p> <p>http://safeschoolshub.edu.au/</p>

	<p>Beyond Blue is a national, independent, not-for-profit organisation working to address issues associated with depression, anxiety and related substance misuse disorders in Australia. Suicide prevention is also a focus. It provides both information and support services, including help lines and online forums. There is also advice for people working with those affected by anxiety and depression.</p> <p>https://www.beyondblue.org.au/ Helpline: 1300 224 636 (24/7)</p> <p>There is a link to this specific section for young people:</p> <p>https://www.youthbeyondblue.com/</p>
	<p>The Black Dog Institute is a world leader in the diagnosis, treatment and prevention of mood disorders such as depression and bipolar disorder. It provides information and links to support services plus it has some excellent school resources:</p> <ul style="list-style-type: none"> • HeadStrong 2.0, an evidence based curriculum resource for teachers to teach about depression, mental health and resilience (free download / linked to Year 9/10 PDHPE curriculum) • MindStrength, a range of short, engaging, interactive online learning courses designed for young people and their families to increase understanding of resilience and how to become mentally stronger. <p>http://www.blackdoginstitute.org.au/</p>
	<p>Physical As Anything is a collaboration between DoE and Westmead Children's Hospital. Designed for families and schools, it provides information on over 50 medical, developmental and mental health conditions of adolescence.</p> <p>http://www.physicalasanything.com.au/</p>
	<p>Headspace is a free service for young people aged 12 – 25. It offers professional service to help with:</p> <ul style="list-style-type: none"> • mental health • drugs and alcohol • general physical health • sexual health <p>http://headspace.org.au/</p>
	<p>Tune In Not Out is a youth health and wellbeing portal that features videos, stories, blogs, music and factsheets from services across Australia. It also has a School Resources section that allows teachers to guide students through the specific sections on the website.</p> <p>http://www.tuneinnotout.com/</p>

	<p>WayAhead Mental Health Association NSW provides</p> <ul style="list-style-type: none"> free information services such as: The WayAhead online Directory of Mental Health Services. Mental Health Information Line 1300 794 991 Anxiety Disorders Information Line 1300 794 992 support for anxiety disorders through the Understanding Anxiety website which includes anxiety support groups and 12 week self-help anxiety courses.
	<p>Wellbeing Australia's primary purpose is the development of caring, inclusive school communities which foster the wellbeing of all students, teachers and families. This is a networking website that provides information, resources and links designed to support the development of relational values, social and emotional literacy, restorative practices and social capital.</p> <p>http://wellbeingaustralia.com.au/wba/</p>
	<p>The Aboriginal Health & Medical Research Council offers a broad range of information, programs and support services for the indigenous community. The actual services available will vary between sites.</p> <p>http://www.ahmrc.org.au/</p>
	<p>White Ribbon is Australia's only national, male led campaign to end men's violence against women. The organisations website provides information, resources and links designed to support and promote the campaign to end violence against women in our society.</p> <p>http://www.whiteribbon.org.au/ Ph. 1800 424 017</p>
	<p>Lawstuff website is dedicated to providing legal information to children and young people in Australia.</p> <p>http://www.lawstuff.org.au/</p>
	<p>itsallright.org focusses on information and resources for young people dealing with mental illness in their families.</p> <p>http://www.itsallright.org/ (Link to SANE helpline)</p>
	<p>Transcultural Mental Health Centre provides information and free state-wide clinical assessments and consultations via telephone in a wide range of languages for families from culturally diverse backgrounds.</p> <p>http://www.dhi.health.nsw.gov.au/tmhc/default.aspx</p> <p>Phone: 1800 648 911</p>

	<p>Mental Health in Multicultural Australia provides a national focus for advice and support to providers and governments on mental health and suicide prevention for people from culturally and linguistically diverse (CALD) backgrounds.</p> <p>http://www.mhima.org.au/</p>
	<p>Royal Far West provides medical and psychological services for children (up to 15) from rural, regional and remote NSW who cannot otherwise access these services.</p> <p>http://www.royalfarwest.org.au/ Phone: 1800 500 061</p>
	<p>Australian Indigenous Health Infonet informs practice and policy in Indigenous health by making research and other knowledge readily accessible. In this way, we contribute to 'closing the gap' in health between Indigenous and other Australians.</p> <p>http://www.healthinfonet.ecu.edu.au/</p>
	<p>Autism Spectrum Australia builds confidence and capacity in people with an autism spectrum disorder (ASD), their families and communities by providing information, education and other services.</p> <p>http://www.autismspectrum.org.au/</p>
	<p>Suicide Prevention Australia is the national peak body for the suicide prevention sector in Australia with a role in providing policy advice to governments, community awareness and public education and increased involvement in research.</p> <p>http://suicidepreventionaustr.org/</p>
	<p>Family Planning NSW is the state's leading provider of reproductive and sexual health services. They provide information, resources and support services (including clinics and helplines). It provides comprehensive teaching resources and links to other services.</p> <p>http://www.fpnsw.org.au/ Talkline: 1300 658 886</p>
	<p>Your Room provides information about alcohol and a wide range of drugs, how they can affect people, side effects, withdrawal, and how to get help for yourself or for anyone else who needs it.</p> <p>http://yourroom.com.au/</p>

TELEPHONE OR ONLINE COUNSELLING SERVICES & EMERGENCY HELPLINES

ORGANISATION

SERVICES & CONTACT DETAILS

	<p>A 24-hour telephone service operating seven days a week across NSW. Anyone with a mental health issue, or those supporting or treating them, can access advice from a mental health professional who will assess the urgency of the call, make recommendations about treatment and connect to appropriate care.</p>
	<p>Kids Helpline is a free, private and confidential, phone or online counselling service specifically for young people aged between 5 and 25. It also provides information and advice on a wide range of issues that affect young people and their families.</p> <p>http://kidshelpline.com.au/ Ph. 1800 55 1800 (24/7)</p>
	<p>eheadspace is an online and telephone counselling service that supports young people and their families. Students can chat with health professionals on line and it is an anonymous way to learn from them and from the answers to questions raised by others engaged in the chat</p> <p>https://www.eheadspace.org.au/</p>
	<p>Lifeline has its primary focus on crisis support for those suffering mental illness and, in particular, suicide prevention. Access to support is via:</p> <ul style="list-style-type: none"> • Helpline 131 114 (24/7) • Online Crisis Support Chat Line (7pm – 4am 7 days) <p>https://www.lifeline.org.au/</p>
	<p>The Suicide Call Back Service provides a 24-hour, nationwide telephone and online counselling service to people 15 years and over who are:</p> <ul style="list-style-type: none"> • suicidal • caring for someone who is suicidal • bereaved by suicide • health professionals supporting people affected by suicide. <p>https://www.suicidecallbackservice.org.au/</p> <p>Helpline: 1300 659 467 (24/7)</p>
	<p>The Early Psychosis Prevention and Intervention Centre (EPPIC) aims to facilitate the early identification and treatment of psychosis and therefore reduce the disruption to the young person's functioning and psychosocial development.</p> <p>http://oyh.org.au/how-refer/triage-intake</p> <p>Phone: 1800 888 320 (24/7)</p>

	<p>SANE Australia provides comprehensive information about mental health and illness, including online forums; and confidential phone or online counselling services through a helpline.</p> <p>https://www.sane.org/ Helpline: 1800 187 263 (5 days 9am – 5pm)</p>
	<p>1800 RESPECT is a telephone or online information and counselling service for people dealing with sexual assault or domestic and family violence. An interpreter service is available.</p> <p>https://www.1800respect.org.au/</p> <p>Phone 1800 737 732 (24/7)</p>
	<p>NSW Rape Crisis is the 24/7 telephone and online crisis counselling service for anyone in NSW - men and women - who has experienced or is at risk of sexual assault and their non-offending supporters.</p> <p>Counselling services for women who were sexually assaulted in childhood are also available from Women's Health Centres across NSW.</p> <p>http://www.nswrapecrisis.com.au/ Helpline: 1800 424 017 (24/7)</p>
	<p>Gambling help online provides comprehensive information; a self help risk assessment tool and Stay on Track App; and counselling support services, both online and telephone.</p> <p>http://www.gamblinghelponline.org.au/ Phone 1800 858 858 (24/7)</p>
	<p>Parent Line NSW provides a wide range of information and services for parents including telephone and online counselling services, and links to partner organisations.</p> <p>http://www.parentline.org.au/ Ph. 1300 1300 52</p>
GOVERNMENT AGENCIES	
ORGANISATION	SERVICES & CONTACT DETAILS
	<p>Programs and Initiatives for Children, Adolescents and Families</p> <p>This is the overview page that lists all the programs and services provided by NSW Health. The broader site is also worth exploring.</p> <p>http://www.health.nsw.gov.au/mhdao/Pages/camhs.aspx#school</p>



CAMHS – The Child and Mental Health Service provides assessment, counselling and support for those aged 5 – 17 years presenting with symptoms of mental illness.

Criteria:

- young people for whom there are ongoing concerns in relation to suicide and/or self-harm
- children or young people with - moderate to severe depression
- moderate to severe anxiety
- eating disorders
- young people experiencing first-episode psychosis

Centralised intake: 1800 011 511



Keep Them Safe (a shared approach to child wellbeing) is the whole of Government action plan aimed to improve the health, safety, welfare and wellbeing of children and young people in NSW. The website provides links to all key programs and agencies under the Keep Them Safe umbrella.

<http://www.kidsfamilies.health.nsw.gov.au/current-work/programs/programs-and-initiatives/keep-them-safe/>



Office of the Children's Guardian is an independent government agency that works to protect children by promoting and regulating quality, child safe organisations and services. This is the site for Working With Children Verifications.

<http://www.kidsguardian.nsw.gov.au/>



HSNet (Human Services Network) is a free website available to anyone looking for a service in NSW.

The site is mobile-ready and works on any internet-enabled device including tablets and smartphones, 24 hours a day, 7 days a week.

For professionals in the human and justice sector, HSNet also offers free membership with access to resources and tools to improve communication and collaboration in the delivery of services to communities in NSW.

<https://www.hsnet.nsw.gov.au/>



The **mindhealthconnect** website aggregates mental health resources and content from the leading health focused organisations in Australia. You can access a range of mental health resources including online programs, fact sheets, audio and video, and online communities provided by their trusted content partners.

<http://www.mindhealthconnect.org.au/>



Australian Government

Office of the Children's eSafety Commissioner

The **Office of the Children's eSafety Commissioner** provides a range of up-to-date information and resources along with a comprehensive complaints system to assist young people who experience cyberbullying.

<https://www.esafety.gov.au/>



Legal Aid is a state-wide organisation providing legal services to socially and economically disadvantaged people across NSW.

<http://www.legalaid.nsw.gov.au/>



The **Personal Helpers and Mentors Program PHaMS** is a federal government program that provides practical assistance for people aged 16 years and over, whose lives are severely affected by their mental illness, by helping them overcome social isolation and increase their connections to the community. The program is soon to be part of the NDIS. <https://www.dss.gov.au/our-responsibilities/mental-health/programs-services/personal-helpers-and-mentors-phams>

PROACTIVE MENTAL HEALTH WELLBEING PROGRAMS

ORGANISATION

SERVICES & CONTACT DETAILS

ANXIETY, DEPRESSION & SUICIDE PREVENTION



Smiling Mind is a unique web and App-based program developed by a team of psychologists with expertise in youth and adolescent therapy, Mindfulness Meditation and web-based wellness programs. Smiling Mind is a free tool that will assist in improving the lives of young Australians, and is available online or as a smartphone App. <http://smilingmind.com.au/>



MoodGYM is an online interactive cognitive behaviour (CBT) and interpersonal based therapy program used as a preventative and self-help tool for young people experiencing mild to moderate levels of depression or anxiety. Developed by ANU, it empowers the user with cognitively based strategies to better manage emotional distress. <https://moodgym.anu.edu.au/welcome>



This Way Up is a St.Vincent's Hospital project funded by the Federal Government that provides online courses using *Cognitive Behaviour Theory* that 'have been clinically proven to lessen anxiety and depression' and a number of other mental health conditions. <https://thiswayup.org.au/>



R U OK? is a not-for-profit suicide prevention organisation that aims to inspire Australians to have regular, meaningful conversations every day of the year to help anyone who might be experiencing significant mental health issues by asking "RUOK?". The site provides information and guidance on how to have the conversation. <https://www.ruok.org.au>



Mental Health First Aid provides training programs for teachers and parents to raise awareness of causes, risk factors and treatments associated with mental health problems; develop skills in identifying the signs and symptoms; and develop skills in providing help and support to someone experiencing mental health problems, especially appropriate action to take in crisis situations.

<https://mhfa.com.au/>



MindMatters is based on a proactive approach to student mental health and wellbeing that seeks to prevent problems from arising by implementing strategies to improve relationships and resilience. It provides school staff with evidence-based blended professional learning that includes online resources, face-to-face events, webinars and support.

<http://www.mindmatters.edu.au/>



Rivendell Child, Adolescent and Family Unit provides mental health inpatient and outpatient services to young people across the state who are referred by mental health professionals.

<http://www.rivendell-s.schools.nsw.edu.au/> Phone: **9736 2288**



Brave is an online, interactive, evidence-based *Cognitive Behaviour Therapy* (CBT) program for young people that addresses the prevention and treatment of anxiety. There is a complementary program for parents that supports an holistic family approach.

<http://www.brave-online.com/>



Conversations Matter was developed to assist communities to talk about suicide in ways that breaks down stigma and increase understanding and support for those thinking about suicide and/ or those affected by suicide. It includes a range of professional resources in separate modules that provide advice about prevention-focussed conversations, intervention-focussed conversations and postvention-focused conversations occurring in the community.

<http://www.conversationsmatter.com.au/>









The Resilience Institute seeks to study, practice and teach the biology of resilience. Resilience is defined as the learned ability to demonstrate bounce, courage, creativity and connection.

<http://www.resilienceinstitute.com.au/>



YOUNG CARERS AND FAMILY SUPPORT

	<p>Young Carers is a Federal Government website that provides information, resources and links to services for young carers- it includes “tips on how to look after yourself and the person you are caring for”.</p> <p>http://www.youngcarers.net.au/ Phone: 1800 242 636</p>
	<p>Young Carers NSW provides information, newsletters, respite, camps, advice and counselling services.</p> <p>http://www.youngcarersnsw.org.au/</p> <p>Carers or siblings of a person with a disability: 1800 648 636</p> <p>Commonwealth Carer Respite Centre 1800 059 059</p>
	<p>Carer Assist offers support to families and carers of someone who has a mental illness. They provide information, support, advocacy and help in navigating mental health services.</p> <p>https://www.sfnsw.org.au/Carer-Assist Ph. (02) 9816 5652</p>
	<p>Family Relationships Online provides information, advice and/or referral for young people and their families. This is a federal government initiative.</p> <p>http://www.familyrelationships.gov.au/</p> <p>Family Relationship Advice Line: 1800 050 321</p>
	<p>Relationships Australia is a community-based organisation that promotes positive and respectful relationships in the community through a range of services (<u>counselling</u>, <u>family dispute resolution (mediation)</u> and <u>education programs</u>) for all members of the community, regardless of religious belief, age, gender, sexual orientation, lifestyle choice, cultural background or economic circumstances.</p> <p>http://www.relationships.org.au/ Phone: 1300 364 277</p>
<p style="text-align: center;">DOMESTIC VIOLENCE</p>	
	<p>Bursting the Bubble is designed to assist children and young people to assess their family situation if they are concerned about domestic violence and/or child abuse. It provides information, checklists (what to look for) and advice about getting help and support.</p> <p>http://www.burstingthebubble.com/</p>
	<p>The Australian Childhood Foundation is a not-for-profit organisation that provides information and support for children and families devastated by abuse, family violence and neglect.</p> <p>http://www.childhood.org.au/</p>
<p style="text-align: center;">HOMELESSNESS</p>	

	<p>Reconnect uses community-based early intervention services to assist young people who are homeless, or at risk of homelessness, and their families to stabilise their living situation and improve their level of engagement with family, school and their local community.</p> <p>https://www.dss.gov.au/families-and-children/programmes-services/reconnect</p>
EATING DISORDERS / BODY IMAGE	
	<p>The Butterfly Foundation offers telephone and email counselling, together with support groups for eating disorder sufferers, their families and friends.</p> <p>http://thebutterflyfoundation.org.au/ Phone: 1800 334 673</p>
	<p>See Me provides information for young people and teaching resources that promote positive body image and address the impact of young people's internalisation of idealised media portrayals of beauty and gender stereotypes.</p> <p>http://seeme.org.au/</p>
LGBTI	
	<p>Wear It Purple is a student-led, not-for-profit organisation supporting young people with sexuality and gender identity.</p> <p>http://www.wearitpurple.org/</p>
	<p>Safe Schools Coalition is dedicated to helping schools be safer and more inclusive for same sex attracted, intersex and gender diverse students, school staff and families. Provides resources and support.</p> <p>http://www.safeschoolscoalition.org.au/</p>
	<p>Twenty10 is a community-based, non-profit, state-wide organisation, working with and supporting people of diverse genders, sexes and sexualities, their families and communities. Their support services for young people provide strength and acceptance so that people feel and are safe, emotionally and physically; build resilience; and can achieve their potential.</p> <p>http://www.twenty10.org.au/</p>

	<p>QLife is a counselling and referral service for people who are lesbian, gay, bisexual, trans, and/or intersex (LGBTI). QLife provides nation-wide, early intervention, peer supported telephone and web based services to people of all ages across the full breadth of people's bodies, genders, relationships, sexualities, and lived experiences.</p> <p>https://qlife.org.au/</p> <p>Phone 1800 184 527</p>
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TRAUMA, GRIEF & BEREAVEMENT






 <p>Australian Child & Adolescent Trauma, Grief and Loss Network</p>	<p>Australian Child and Adolescent Trauma Loss and Grief Network provides very comprehensive resources and links for working with children experiencing grief, loss and trauma. We have included organisations that are primarily child and adolescent-focused or focused on school mental health.</p> <p>http://earlytraumagrief.anu.edu.au/</p>
	<p>STARTTS is a specialist, non-profit organisation that provides culturally appropriate and cutting edge psychological treatment and support to help people heal the scars of torture and refugee trauma and rebuild their lives in Australia.</p> <p>http://www.startts.org.au/ Phone: 9794 1900</p>
	<p>The Trauma and Grief Network connects families, members of the community and professionals to resources focused on the care of children and adolescents affected by the impact of trauma, loss and grief.</p> <p>http://tgn.anu.edu.au/</p>
	<p>Australian Centre for Grief and Bereavement is an independent, provider of grief and bereavement education in Australia. Its mission is to build the capacity of individuals, organisations and communities to enhance well-being following adverse events.</p> <p>https://www.grief.org.au/</p>

RACISM

	<p>racismnoway provides information and teaching resources to address issues around racism. It includes e-challenges which allow students to explore racism and related issues; lesson ideas; links to media reports relating to racism and multiculturalism; puzzles and quizzes.</p> <p>http://www.racismnoway.com.au/</p>
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PROACTIVE STAFF PROGRAMS FOR WELLBEING AT WORK

ORGANISATION	SERVICES & CONTACT DETAILS
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 <p>THE HAPPINESS INSTITUTE</p>	<p>The Happiness Institute offers a range of services, seminars and courses based on extensive research, particularly from the growing field of positive psychology. Positive psychology is based on the premise that it is not enough just to manage anxiety and depression.</p> <p>http://www.thehappinessinstitute.com/</p>
	<p>Action For Happiness is a movement for positive social change, bringing together people from all walks of life who want to play a part in creating a happier society for everyone</p> <p>http://www.actionforhappiness.org/</p>
	<p>Woohoo Inc is a business that focusses on <i>Happiness at Work</i>. It specialises in keynotes and workshops based on scientific and business research evidence. They also provide free resources and information....</p> <p>http://woohooinc.com/</p> <p>Blog: http://positivesharing.com/2014/05/woohoo-inc-expands/</p>
	<p>Keeping Cool provides teachers with strategies and resources to build capacity for resilience in their professional lives. It provides information about teacher resilience and links to contemporary resources and programmes about resilience.</p> <p>http://www.keepingcool.edu.au/</p>
	<p>Human Connections is a commercial organisation that provides some free teacher wellbeing resources and conducts professional learning in teacher wellbeing and counselling skills.</p> <p>http://humanconnections.com.au/</p>