



Connecting young people and/or their families to the care they need when they are experiencing thoughts of suicide and self harm.
1800 011 511 24hrs a day



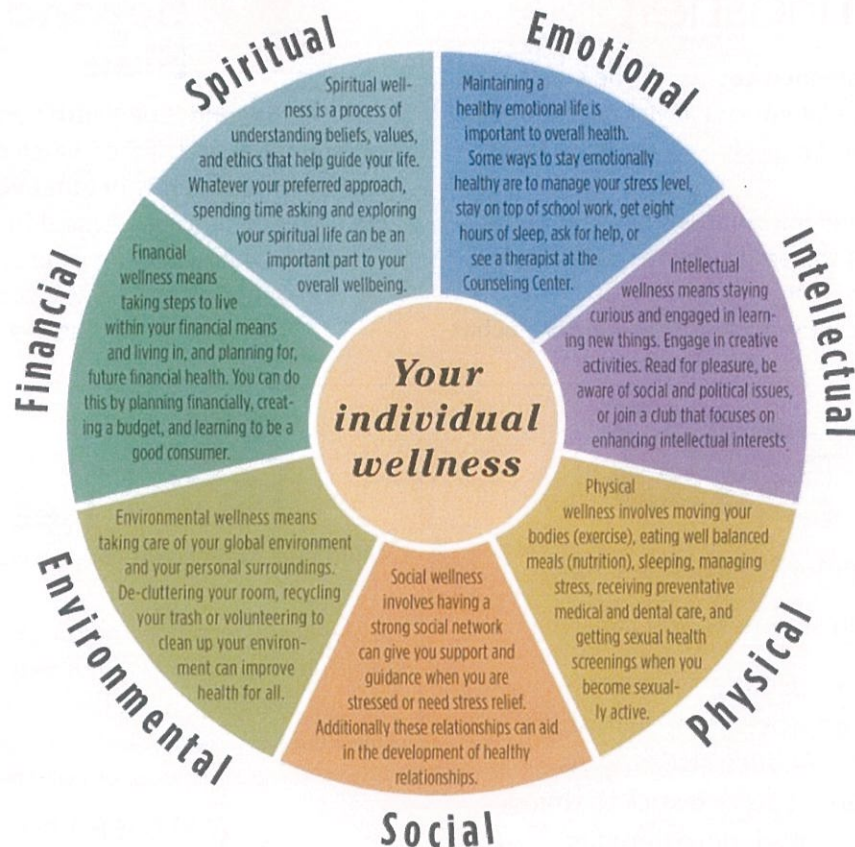
For young people aged 12- 18 years old, their parents and their families. We are able to work with young people alone, with parents alone, or with parents and young people together, it's up to you. Working on family conflict, building healthy relationships, difficulties at school, sexual identity, parenting challenges, coping with divorce, separation, death or other loss, and a wide range of other issues. Access via our Adolescent Family Counselling Service by visiting The HUB at 562 Macauley Street Albury or call on **1800 885 355**. If we aren't able to answer please leave a message and we'll return your call as soon as possible. After hours or offsite appointments are also available by arrangement

MOODGYM

Moodgym is like an interactive self-help book which helps you to learn and practice skills which can help to prevent and manage symptoms of depression and anxiety.
www.moodgym.com.au



Confidential counselling and support for those experiencing sexual assault, domestic family violence. 24 hr service



Stress, anxiety, worry, low mood, relationship difficulties, grief and feeling overwhelmed are common feelings throughout adolescence – seek help early, talk to trusted adults around you, talk to your doctor, and try some of the above resources if you are struggling. The earlier you seek help, the sooner you will be feeling back to your old self!



Information and practical strategies to help you manage anxiety, depression and other mental health difficulties. HEAPS of fact sheets and strategies to help students with anxiety, depression, social difficulties, negative thinking, stress and worry.

www.ReachOut.com.au



Self-referral to the Wodonga Office (High Street)

12-24 years – counselling and confidential support for anxiety, depression and relationship difficulties.



Black Dog Institute



myCompass has been developed by Black Dog Institute to help people better self-manage mild-to-moderate symptoms of depression, anxiety and stress.

The program is freely available on any Internet-enabled device, including computers, tablets (e.g. iPads) and mobile phones. 18years and over, but may be useful for 16yrs +

www.mycompass.org.au



E-Headspace individual online counselling
eheadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends. If you're based in Australia and going through a tough time, eheadspace can help.

www.headspace.org.au/eheadspace/



No problem is too big or too small.

We're here 24 hours a day, 7 days a week
[1800 55 1800](tel:1800551800) [Email Us](#) [WebChat with Us](#)

Support and information for teens about mental health, family, friends, relationships physical health
www.kidshelpline.com.au/get-help/webchat-counselling/



Beyond Blue Youth Forum

You are not alone! Either watch or participate in an online forum with other young people who are experiencing similar difficulties to you. Learn what works for others, and feel supported and not alone.

www.beyondblue.org.au



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

www.biteback.org.au



Health

Child and Adolescent Mental Health Service

We work closely with infants, children, young people and their families to provide support and specialist treatment when they are finding it hard to cope with family life, school or the wider world. We offer assessment, education and treatment services for a range of mental health difficulties.

(02) 6058 1750