

Mental Health Support for Young People (12-25)

Accessing Private Psychology: GP – Mental Health Care Plan

GP Mental Health Care Plan can provide individuals with Medicare subsidised sessions, up to 10 per calendar year, to access Private Psychology services.

A Mental Health Care Plan www.healthdirect.gov.au/mental-health-care-plan

Low Cost Youth Mental Health Services

Headspace: National Youth Mental Health Foundation Free counselling and a range of other service. Referrals accepted directly from the young person or parent.

- Midland: [9274 8860](tel:92748860) or headspace.org.au/headspace-centres/midland/
- Osborne Park: [9208 9555](tel:92089555) or headspace.org.au/headspace-centres/osborne-park/

Youth Focus: Free counselling 12-25 years. Ph: 6266 4333 or youthfocus.com.au

Helping Minds: Provides free counselling when someone in the family is affected by a mental illness: Phone 9427 7100 or Freecall: 1800 811 747 or helpingminds.org.au/contact-us/

Child and Adolescent Mental Health Care Service: Provide multidisciplinary support for young people affected by complex mental health difficulties (0-17years). Referral from your GP, School Psychologist or School Nurse.

Emergency Contacts for Families

Urgent Mental Health Telephone Support Line (24 hours) **T: 1800 048 636 (U18) / 1300 555 788 (18+)**

For Mental Health Emergencies – Police/ Ambulance **T: 000**

Kids Help Line (24 hours) T: 1800 551 800

Lifeline (24 hours) T: 13 11 14

Family Help Line T: 9223 1100







Crisis Care (24 hours) T: 9223 1111

Online Programs / Support

The BRAVE Program: brave4you.psy.uq.edu.au/
(online self-directed counselling for Anxiety with parent & student modules)

ehedspace Online and Telephone Counselling: headspace.org.au/online-and-phone-support/

Awesome Apps – Download for free in iTunes or Google Play

 Smiling Mind – Mindfulness	 HabitBull – Behaviour Management
 ReachOut WorryTime – Anxiety	 SuperBetter – Resilience
 Mood Mission – Low mood & anxiety	 Calm – Sleep & relaxation